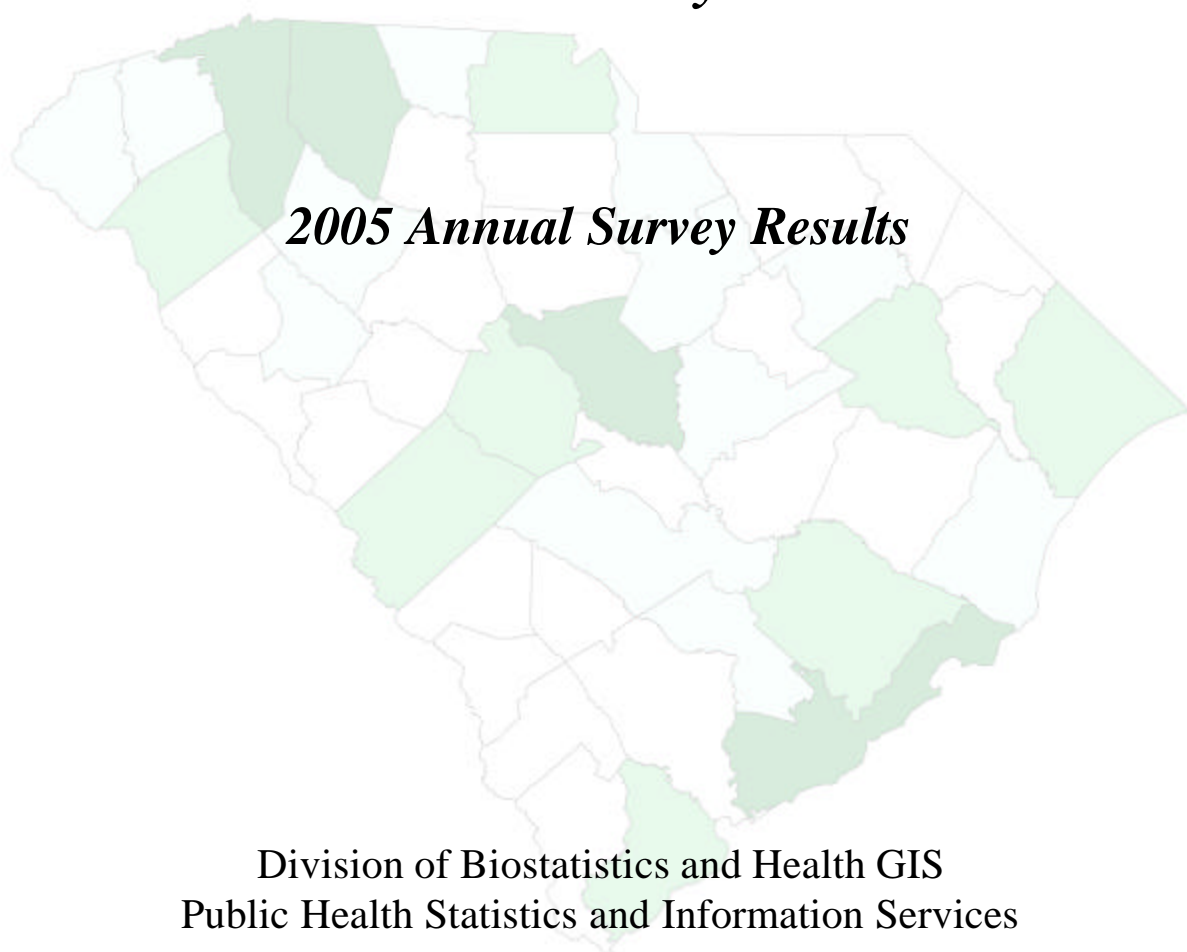




***South Carolina Behavioral Risk Factor
Surveillance System***



Division of Biostatistics and Health GIS
Public Health Statistics and Information Services



South Carolina Department of Health & Environmental Control

Supported by a Cooperative Agreement with the Centers for Disease Control and Prevention.

ACKNOWLEDGMENTS

This report was completed by Jennifer Chiprich MPH, Ph.D, Epidemiologist and Beili Dong MD, MPH, BRFSS Coordinator. James E. Ferguson, DrPH, Project Director of the South Carolina Behavioral Risk Factor Surveillance System (SC BRFSS) and Deputy Director of Public Health Statistics and Information Services and Guang Zhao, PhD, Director, Division of Biostatistics and Health GIS kindly reviewed this report and gave valuable input.

University of South Carolina provided quality service in data collection. Their hard work is appreciated.

We are also grateful to those South Carolina citizens who took time to participate in the survey. Without them, the SC BRFSS could not succeed.

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INTRODUCTION

The South Carolina Behavioral Risk Factor Surveillance System (SC BRFSS) is administered by the South Carolina Department of Health and Environmental Control (SC DHEC) with funding and guidance provided by the Centers for Disease Control & Prevention (CDC) since 1984. The BRFSS questionnaire is modified each year by the CDC with collaboration of the states. The survey asks a variety of behavior-related questions including tobacco and alcohol consumption, exercise, as well as demographic information, access to health care, health awareness, use of preventive services, and other topics. South Carolina also develops specific “State-added questions” to be included in the survey to meet the needs of the state.

The 2005 SC BRFSS consists of 8,440 complete telephone interviews conducted with a randomly selected adult aged 18 years or older from sampled households using a disproportionate stratified sample from all telephone-equipped dwelling units in South Carolina. This report highlights some findings in this survey.

Please direct all comments and questions to:

*BRFSS
Division of Biostatistics and Health GIS
South Carolina Department of Health and Environmental
2600 Bull Street
Columbia, SC 29201
Telephone: (803) 898-3209
Fax: (803) 898-3236*

More information is available at this website:

http://www.scdhec.gov/hs/epidata/brfss_index.htm

NOTES ABOUT THE TABLES IN THIS REPORT

- ❑ Use caution in interpreting if number of respondents is less than 50.
- ❑ N = Number of Respondents, % = Percentage, C.I. (95%) = Confidence Interval (at 95 percent probability level).
- ❑ Percentages are weighted to population characteristics.
- ❑ Missing values for demographic variables:

Of 8440 survey participants, 1156 did not provide income information; 75 did not provide their age; 55 did not provide their race; and 23 did not provide their education level.

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Demographics

Approximately 48% of the 2005 SC BRFSS sample was male and 52% was female. Sixty-eight point three percent of the sample population was Caucasian, 28.1% were African-American and an additional 3.6% were listed as Other race.

Table 1: Percentages of Demographics, by Selected Groups, SC BRFSS 2005

	N	Mean	CI
Gender			
Male	3323	47.9	46.5-49.2
Female	5117	52.1	50.8-53.5
Race			
White	6350	68.3	66.9-69.6
Black	1820	28.1	26.8-29.4
Other	208	3.6	3.0-4.2
Age			
18-24	403	13.7	12.3-15.0
25-34	1028	17.8	16.7-18.9
35-44	1486	19.2	18.2-20.2
45-54	1688	18.1	17.2-19.1
55-64	1643	14.4	13.6-15.1
65+	2117	16.8	16.1-17.6
Education			
Less than HS	1147	12.9	12.0-13.7
HS and GED	2681	33.4	32.1-34.7
Some College	2120	26.6	25.4-27.8
College Graduate	2469	27.2	26.1-28.3
Income			
Less than \$15,000	2181	24.2	23.0-25.4
\$15 – 24,999	1342	16.3	15.3-17.3
\$25 – 34,999	983	11.8	11.0-12.7
\$35- 49,999	1236	14.7	13.8-15.6
More than \$50,000	2698	33.0	31.8-24.2

The percentages of respondents in each age group were between 13.7% and 19.2%. One third of respondents to the SC BRFSS had a high school diploma or GED; additionally there were one half of the sample had attended at least some college or had a college degree. Approximately 14.0% had less than a high school education.

Those respondents who earned more than \$50,000 per year were 33.0% of the BRFSS sample. One quarter of the BRFSS respondents in 2005 earned less than \$15,000 per year.

Figure 1: Percent of Age Groups Among Adults in South Carolina, by Race-Sex, SC BRFSS 2005

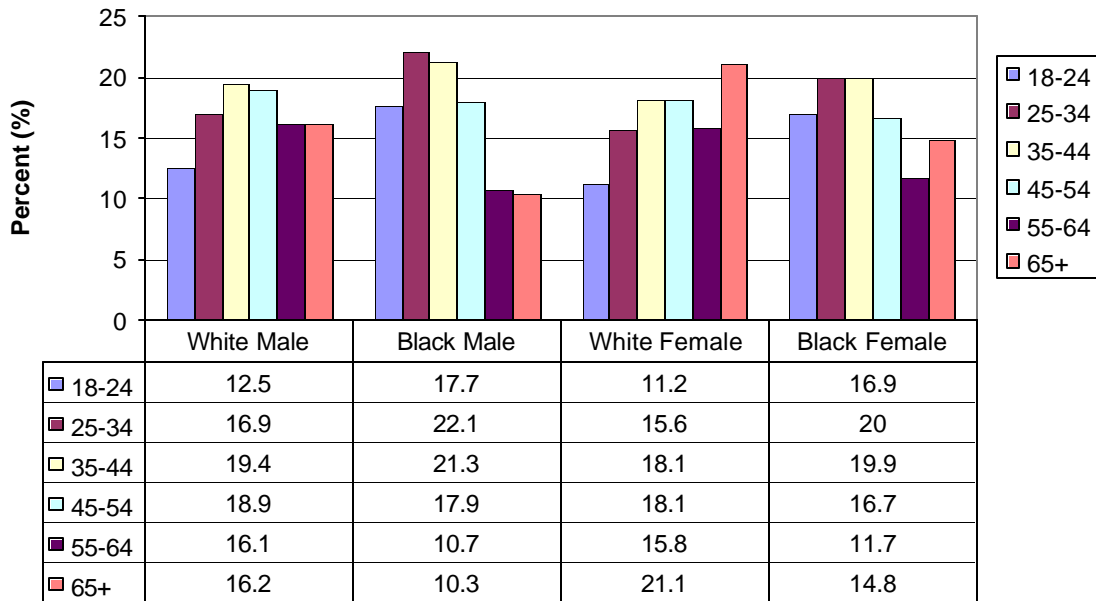
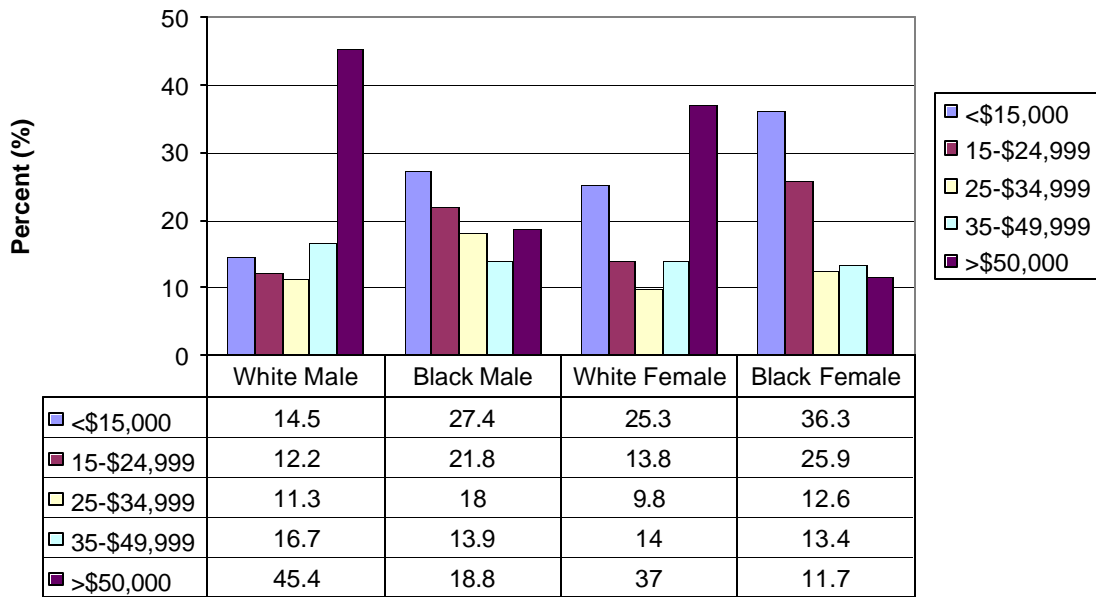
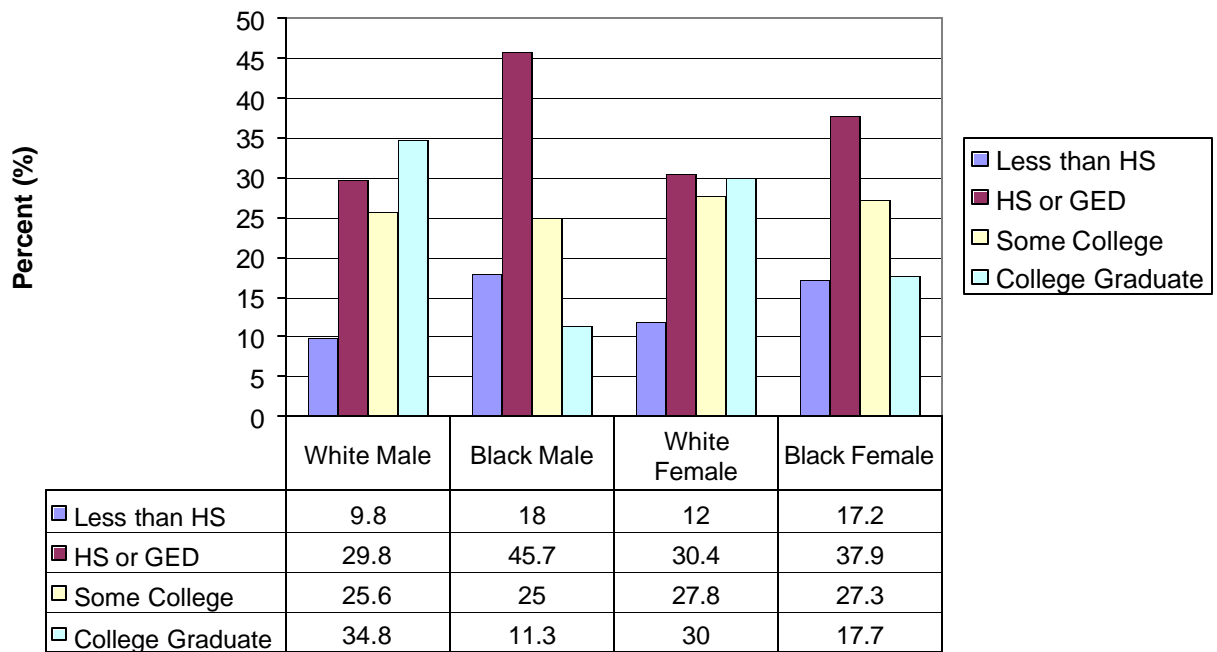


Figure 2 : Percent of Income Groups Among Adults in South Carolina, by Race-Sex, SC BRFSS 2005



**Figure 3: Percent of Education Levels Among Adults in South Carolina, by Race-Sex, SC
BRFSS 2005**

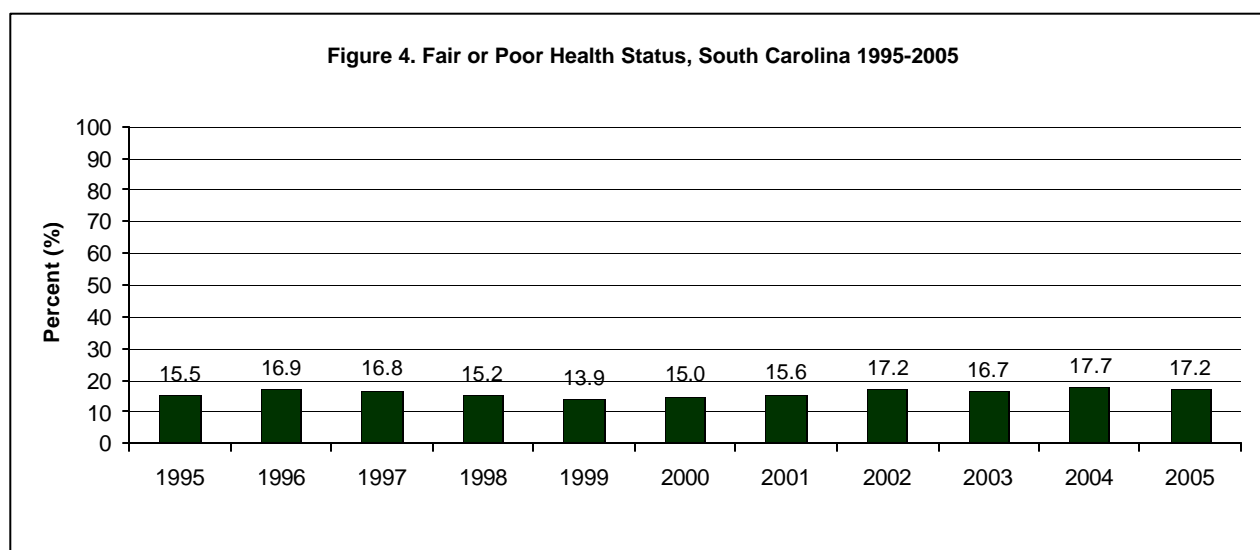


Health Status/Healthy Days

Would you say that in general your health is?

(1) Excellent (2) Very good (3) Good (4) Fair (5) Poor

In 2005 17.2% of South Carolina adults reported that their health was fair or poor.¹ More female residents (18.6%) reported fair or poor health than males (15.8%). More African Americans reported that their health was fair or poor health (22.3%) than Caucasians (14.9%). There was increasing report of poor or fair health with increasing age among the 25+ age groups. Additionally, with increasing education level, there was a decrease in reports of poor or fair health. Finally, there was a difference by income level with those earning an annual household income of less than \$15,000 five times more likely to report worse health than those with an annual household income of greater than \$50,000.



Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days, was your physical health not good?

In the State of South Carolina, 63.6% of adults reported no days of poor physical health while 6.5% reported 30 days of poor physical health in the last month. There was no difference

¹ The fair or poor health measure for this section refers to people who responded that their current health was fair or poor to the question: "Would you say in general that your health is..."?

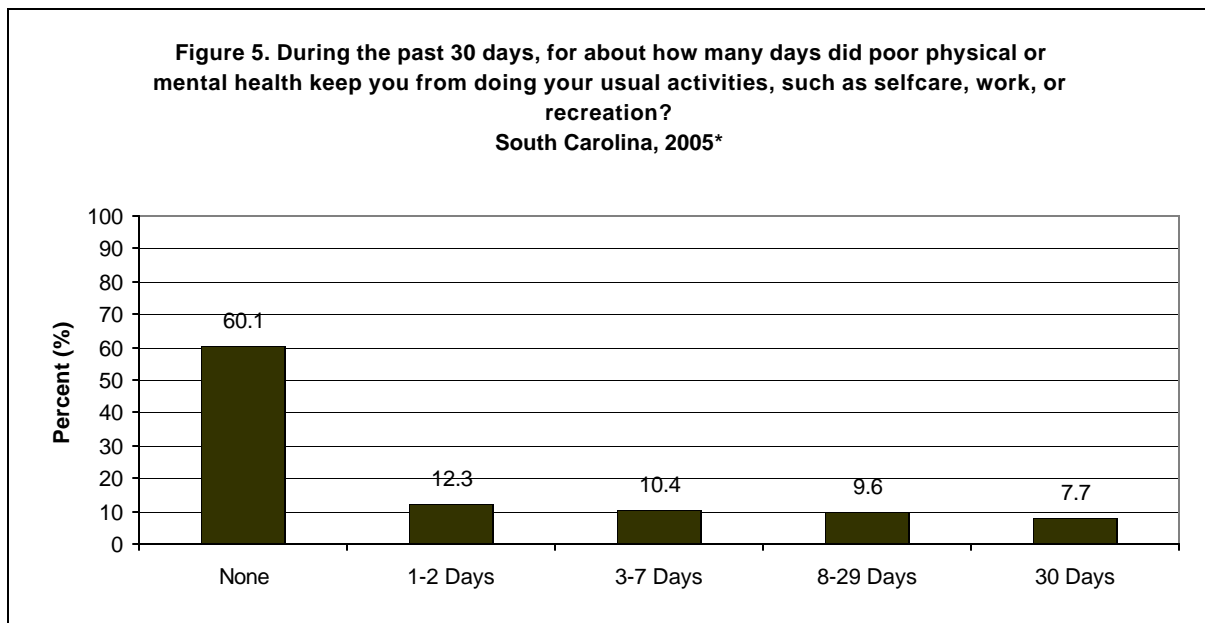
by race. Those age groups 55+ were nine times more likely to report poor physical health all 30 days of the previous month than any other age group. Income and education also are factors. Those with less than a high school education were 4 times more likely to report poor physical health all 30 days of the last month than those with some post high school education. Those earning less a household income of less than \$15,000 were 8 times more than those earning \$50,000 a year to report poor physical health all 30 days of the last month.

Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

Of the South Carolina adults who responded to this question, 65.5% reported no days of poor mental health in the past 30 days; whereas 5.1% reported that for all 30 days in the past month they were in poor mental health. Education and income appear to be related to the prevalence of reporting 30 days of poor mental health. Those with less than a high school education were four times more likely to report 30 days of poor mental health than those with a college education (9.2% versus 2.1%). Those earning an annual income less than \$15,000 per year were six times more likely to report 30 days of poor mental health than those earning an annual income of greater than \$50,000 per year (12.5% versus 2.7%).

During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?*

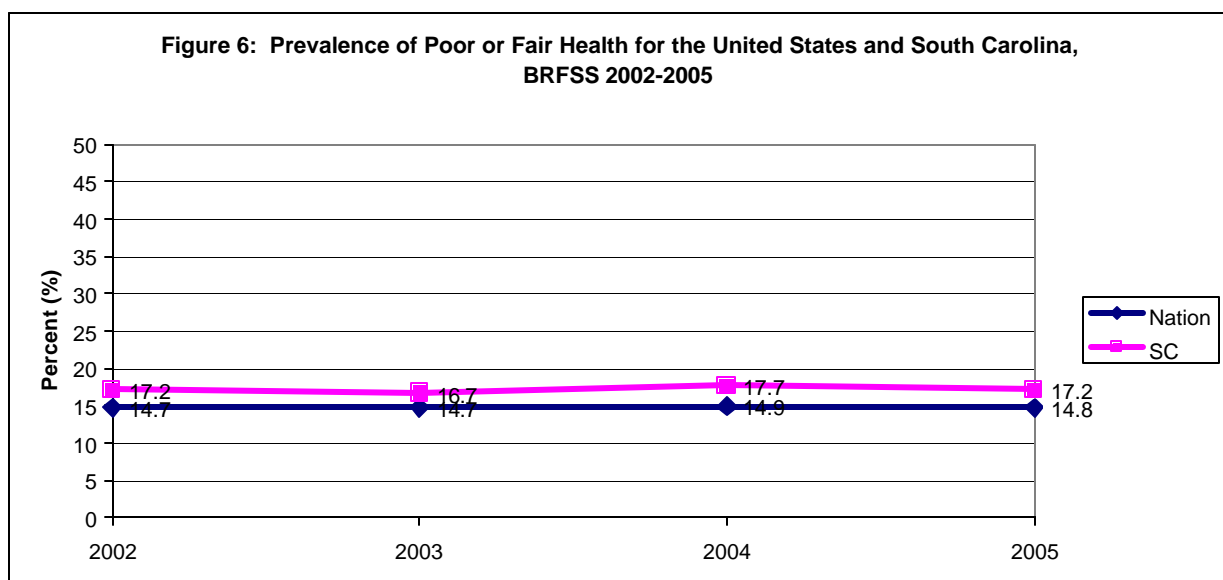
A majority of South Carolina adults reported no days of poor health interfering with their usual activities in the last month (60.1%). An additional 7.7% reported that poor health had kept them from their usual activities all 30 days of the last month. There was no difference in reporting no days of interference between the genders and no difference in reporting by race. Those that were 65+ years old were more likely to report having interference with usual activities due to poor health all 30 days in the past month than those who were 18-24 years of age. Those with less than a high school education were four times more likely to report the 30 days of interference than college graduates. Those who earn an annual household income of less than \$15,000 per year were 9 times more likely to report all 30 days of interference on their usual activities than those who earn an annual income of greater than \$50,000.



**The denominator of this statistic includes only those who reported at least one day of poor physical or mental health in the last 30 days*

South Carolina and the Nation

South Carolina's prevalence of poor and fair health was higher than the National median in 2005. This is a pattern that has been consistent since 2002. The prevalence of both the nation and South Carolina has remained stable for the last four years of the survey.



South Carolina and the Southeastern States

South Carolina's prevalence of poor and fair health in the adult population is less than the average prevalence for the ten Southeastern states and the prevalence was third lowest in the region.

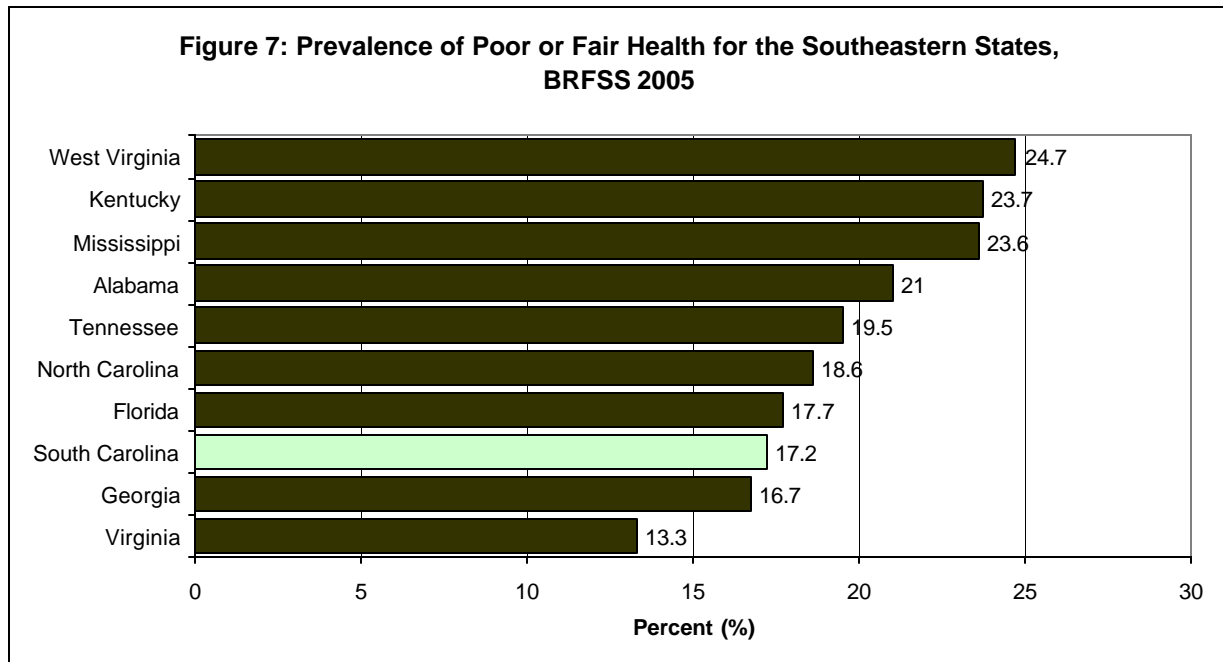


Table 2. Health Status: Would you say that in general your health is...?

	Total #	Excellent			Very good			Good			Fair			Poor		
	Respondents	N	%	C.I.(95%)	N	%	C.I.(95%)	N	%	C.I.(95%)	N	%	C.I.(95%)	N	%	C.I.(95%)
TOTAL	8,409	1,514	19.2	18.1-20.3	2,597	32.2	30.9-33.5	2,606	31.4	30.2-32.7	1,054	11.2	10.4-12.0	638	6.0	5.5- 6.6
GENDER																
Male	3,312	610	19.8	18.2-21.6	1,016	31.7	29.8-33.8	1,071	32.7	30.7-34.7	376	10.2	9.0-11.5	239	5.6	4.8- 6.5
Female	5,097	904	18.6	17.3-19.9	1,581	32.6	31.0-34.2	1,535	30.3	28.7-31.8	678	12.1	11.1-13.2	399	6.5	5.8- 7.2
RACE																
White	6,331	1,245	21.1	19.9-22.3	2,085	34.8	33.4-36.2	1,860	29.2	27.9-30.6	695	9.5	8.7-10.3	446	5.4	4.9- 6.0
African American	1,811	233	15.0	12.9-17.3	436	26.1	23.5-29.0	651	36.6	33.7-39.6	333	15.6	13.7-17.6	158	6.8	5.6- 8.1
Other	206	31	17.5	11.7-25.2	62	31.5	24.1-40.0	69	31.2	24.1-39.2	20	9.1	4.9-16.2	24	10.8	6.4-17.6
AGE																
18-24	403	96	22.2	18.1-27.0	163	40.1	34.8-45.6	112	29.8	24.8-35.3	28	7.0	4.6-10.4	4	1.0	0.3- 3.3
25-34	1,027	289	27.8	24.8-30.9	408	37.7	34.4-41.0	262	27.9	24.8-31.2	53	5.2	3.9- 7.0	15	1.4	0.8- 2.5
35-44	1,482	337	22.2	20.0-24.6	500	33.4	30.7-36.1	471	32.5	29.9-35.3	125	8.5	7.0-10.4	49	3.4	2.4- 4.6
45-54	1,681	301	17.0	15.1-19.1	552	31.6	29.1-34.1	525	32.9	30.3-35.5	187	11.6	9.9-13.6	116	7.0	5.7- 8.5
55-64	1,636	234	14.5	12.6-16.5	479	28.6	26.3-31.1	523	32.6	30.2-35.2	239	14.9	13.1-17.0	161	9.3	7.9-11.0
65+	2,105	235	10.1	8.8-11.5	478	22.7	20.8-24.8	686	32.4	30.2-34.6	418	20.6	18.7-22.6	288	14.3	12.7-16.1
EDUCATION																
Less Than H.S.	1,132	75	9.1	6.7-12.2	175	16.7	14.1-19.7	348	32.5	29.0-36.3	284	23.0	20.2-26.1	250	18.6	16.2-21.3
H.S. or G.E.D.	2,675	360	14.3	12.6-16.1	746	29.9	27.6-32.2	935	35.4	33.1-37.8	400	13.5	12.0-15.2	234	6.9	5.9- 8.1
Some Post-H.S.	2,118	374	20.0	17.9-22.3	736	36.0	33.5-38.6	685	32.2	29.7-34.7	225	8.6	7.3-10.1	98	3.2	2.6- 4.0
College Graduate	2,463	704	29.3	27.3-31.4	935	38.5	36.3-40.8	632	25.2	23.3-27.3	141	5.3	4.3- 6.4	51	1.7	1.2- 2.2
HOUSEHOLD INCOME																
Less than \$15,000	1,020	83	9.3	7.1-12.1	156	17.6	14.2-21.6	283	30.5	26.6-34.7	258	22.8	19.6-26.2	240	19.9	17.0-23.0
\$15,000- \$24,999	1,339	158	13.5	11.2-16.1	322	24.7	21.7-27.9	475	36.2	32.9-39.7	247	17.3	14.9-20.0	137	8.3	6.8-10.1
\$25,000- \$34,999	980	148	15.3	12.7-18.3	308	33.0	29.4-37.0	354	36.9	33.2-40.8	118	10.5	8.5-12.8	52	4.3	3.2- 5.9
\$35,000- \$49,999	1,231	222	17.6	15.2-20.3	438	37.0	33.8-40.3	420	34.2	31.1-37.4	114	8.4	6.8-10.2	37	2.9	2.0- 4.1
\$50,000+	2,694	740	28.1	26.2-30.2	1,104	40.9	38.8-43.1	681	25.2	23.4-27.2	133	4.5	3.7- 5.4	36	1.3	0.9- 1.8

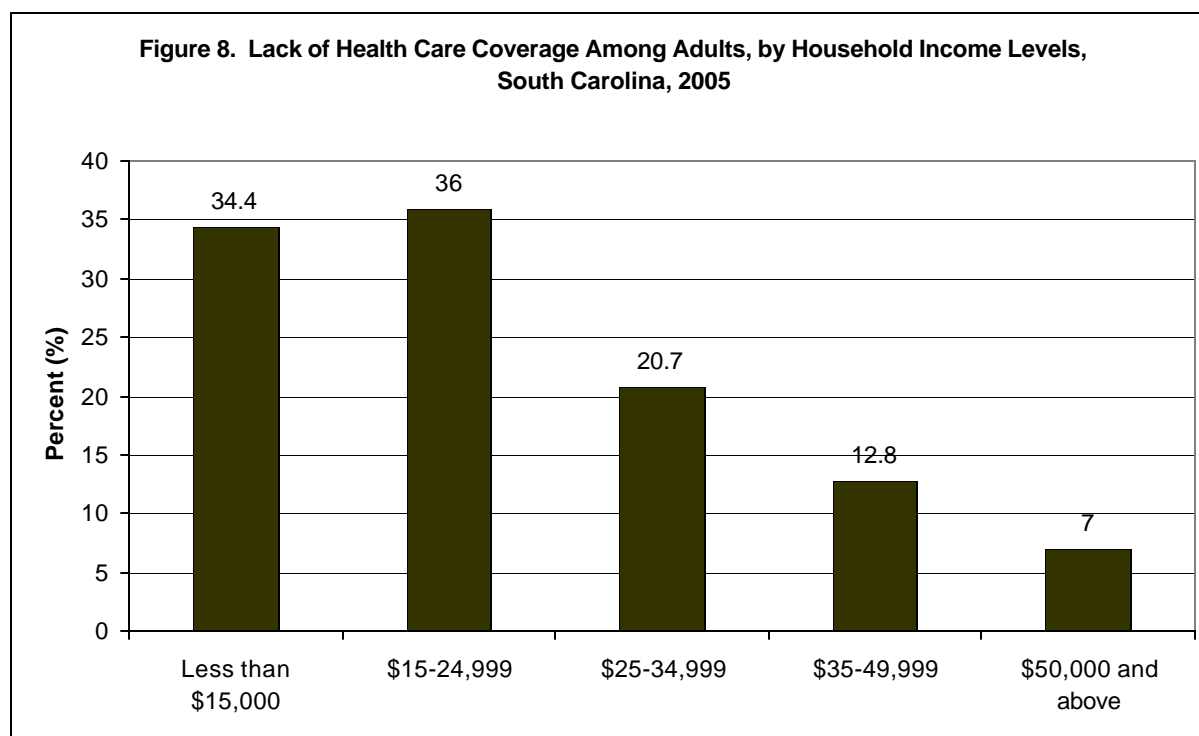
Health Care Access/Doctor Cost

Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

Healthy People 2010:

Objective #1.1: Health Insurance Ages >18. Goal: 100%

In 2005, approximately 18.9% of the adult population of South Carolina did not have health insurance. There was no appreciable difference between genders. One-quarter of African Americans did not have health insurance in 2005 (26.6%). This prevalence was significantly higher than the proportion of Caucasians without health insurance (15.1%). Those respondents with a college degree and those with a household income of \$50,000 or more reported a higher prevalence of health insurance coverage (92.6% and 93.0% respectively) than those who had not finished high school (70.2%) and those with an income less than \$15,000 per year (65.6%). Those respondents who were over the age of 65 had a higher prevalence of having a medical plan coverage than any other age group (97.6%).



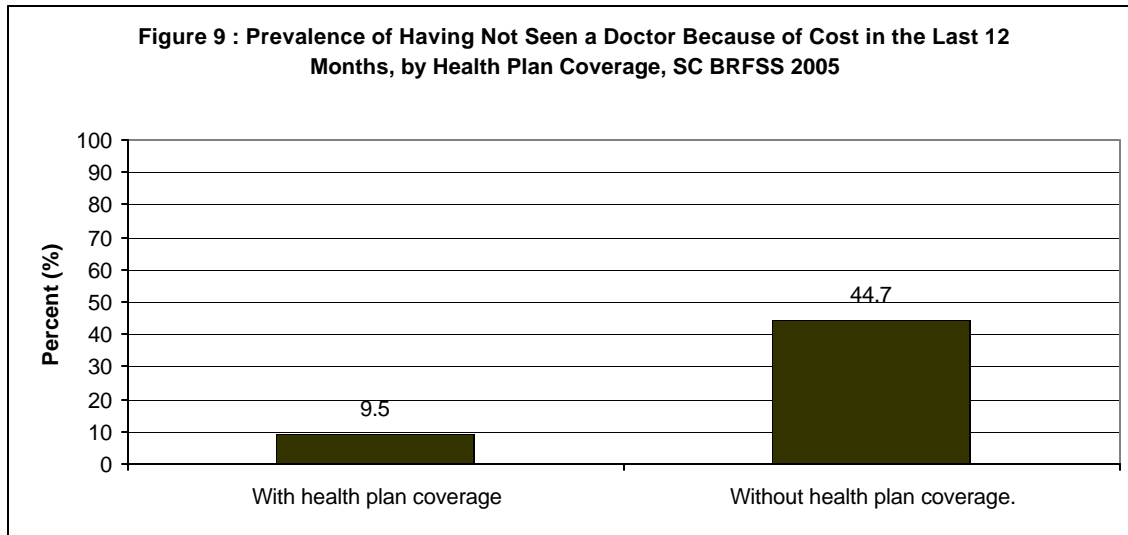
Healthy People 2010:**Objective #1.4c: Specific Source of Ongoing Primary Care Ages>18, Goal: 96%****Do you have one person you think of as your personal doctor or health care provider?**

Approximately 17.7% of South Carolina adults responded that they did not have a personal doctor. More males than females reported that they did not have a personal doctor (23.5% versus 12.4%). Those under the age of 25 in South Carolina had a higher prevalence (40.1%) of not having one person as a primary health care giver than any other age group. African Americans, those respondents with less than a high school education and those earning less than \$15,000 per year (21.0%, 21.2% and 22.4% respectively) were more likely not to have a personal doctor than Caucasians, college graduates and those with an income more than \$50,000 per year (15.7%, 14.1% and 12.1% respectively).

Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?

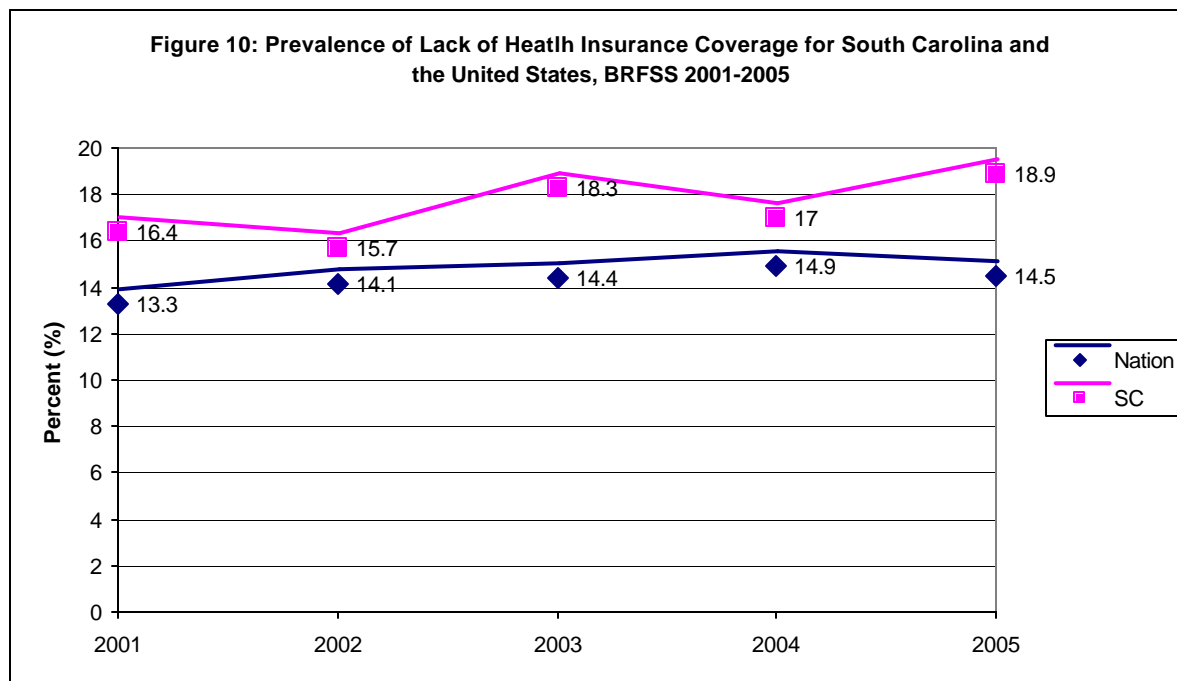
Another measure of health care coverage was the percentage of residents who could not see a doctor in the previous year because of the cost of medical care. Within the adult population of South Carolina, approximately 16.1% could not see a doctor because of cost. When analyzed by medical plan coverage, those without medical insurance were 5 times more likely not to see a doctor because of cost compared to those who did have medical insurance (44.7% versus 9.5%).

Females and African-Americans were more likely not to have seen a doctor in the last year because of cost (19.0% and 22.0% respectively) than males and Caucasians (12.9% and 13.4% respectively). Each level of education attainment had a different prevalence than the others. These percentages ranged from 27.0% of those with less than a high school education not seeing a doctor because of cost to 7.7% for college graduates. Finally, approximately one-third of those with an income less than \$15,000 per year reported that they were unable to see a doctor because of cost, compared to 5% of those who earned over \$50,000 per year.



South Carolina and the Nation

Both the nation and South Carolina did not achieve the 2010 Goal of 100% health insurance coverage in 2005. The prevalence of health insurance coverage for both the Nation and South Carolina has remained constant from 2001-2005. South Carolina's prevalence of lack of health insurance coverage was more than that of the Nation in 2005. This trend has been constant for the last five years.



South Carolina and the Southeastern States

The prevalence of adults who do not have health insurance coverage in South Carolina was third ranked in the ten Southeastern United States. Virginia had the lowest lack of health insurance coverage (11.1%) while Florida had the highest (20.3%)

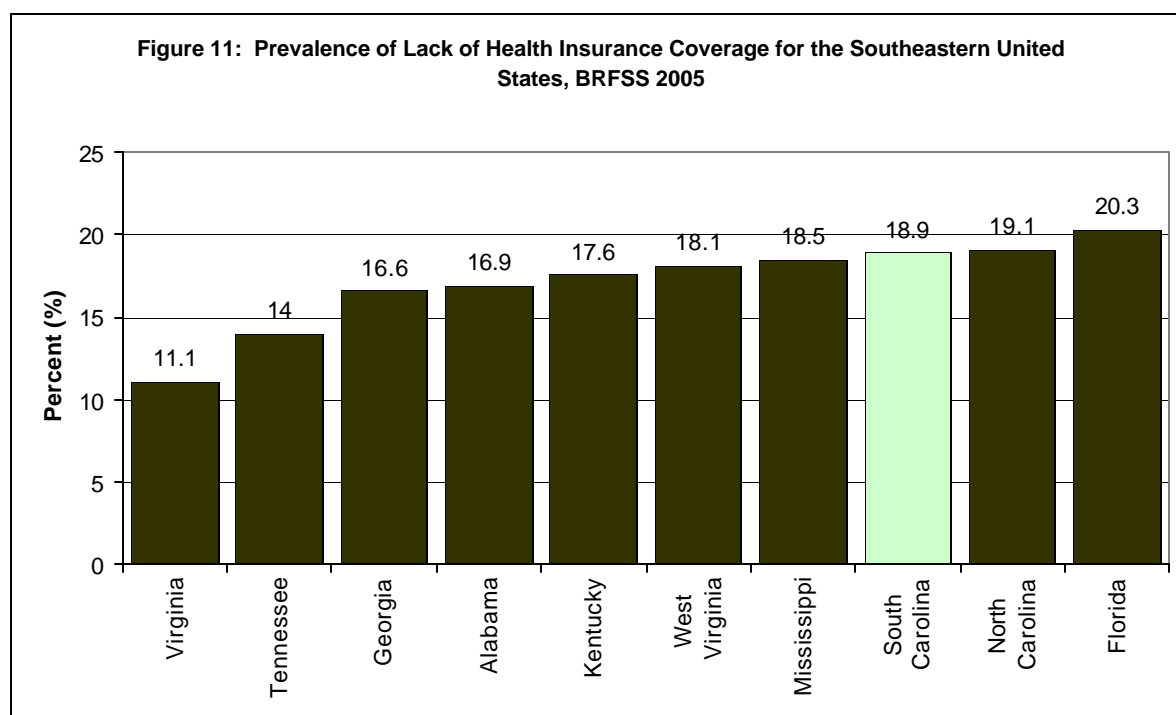


Table 3. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

	Total #		Yes		No		
	Respondents	N	%	C.I.(95%)	N	%	C.I.(95%)
TOTAL	8,416	7,175	81.1	79.9-82.3	1,241	18.9	17.7-20.1
GENDER							
Male	3,312	2,819	79.6	77.5-81.5	493	20.4	18.5-22.5
Female	5,104	4,356	82.5	81.1-83.9	748	17.5	16.1-18.9
RACE							
White	6,334	5,573	84.9	83.7-86.1	761	15.1	13.9-16.3
African American	1,814	1,388	73.4	70.5-76.2	426	26.6	23.8-29.5
Other	207	163	69.9	60.4-78.0	44	30.1	22.0-39.6
AGE							
18-24	396	260	63.1	57.4-68.4	136	36.9	31.6-42.6
25-34	1,026	816	77.7	74.6-80.5	210	22.3	19.5-25.4
35-44	1,485	1,213	80.5	78.0-82.8	272	19.5	17.2-22.0
45-54	1,685	1,397	82.3	80.1-84.3	288	17.7	15.7-19.9
55-64	1,638	1,358	81.9	79.7-84.0	280	18.1	16.0-20.3
65+	2,113	2,065	97.6	96.7-98.2	48	2.4	1.8- 3.3
EDUCATION							
Less Than H.S.	1,141	870	70.2	66.2-73.8	271	29.8	26.2-33.8
H.S. or G.E.D.	2,670	2,139	73.9	71.4-76.2	531	26.1	23.8-28.6
Some Post-H.S.	2,117	1,824	83.7	81.6-85.7	293	16.3	14.3-18.4
College Graduate	2,466	2,325	92.6	91.0-93.9	141	7.4	6.1- 9.0
HOUSEHOLD INCOME							
Less than \$15,000	1,023	733	65.6	61.1-69.9	290	34.4	30.1-38.9
\$15,000- \$24,999	1,340	968	64.0	60.4-67.4	372	36.0	32.6-39.6
\$25,000- \$34,999	981	820	79.3	75.8-82.5	161	20.7	17.5-24.2
\$35,000- \$49,999	1,235	1,113	87.2	84.3-89.6	122	12.8	10.4-15.7
\$50,000+	2,695	2,553	93.0	91.5-94.2	142	7.0	5.8- 8.5

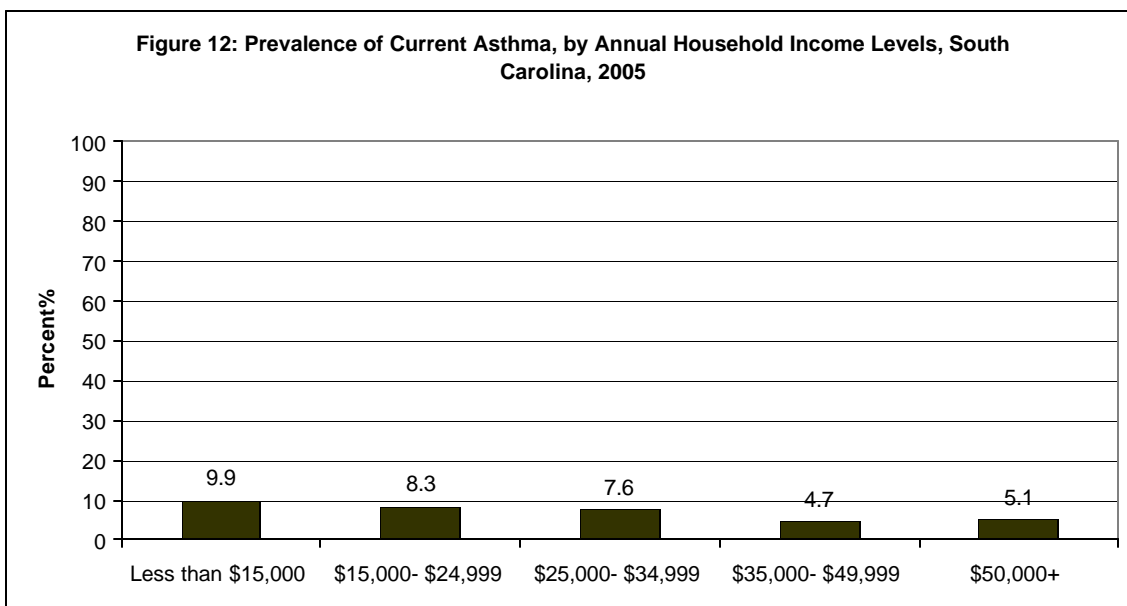
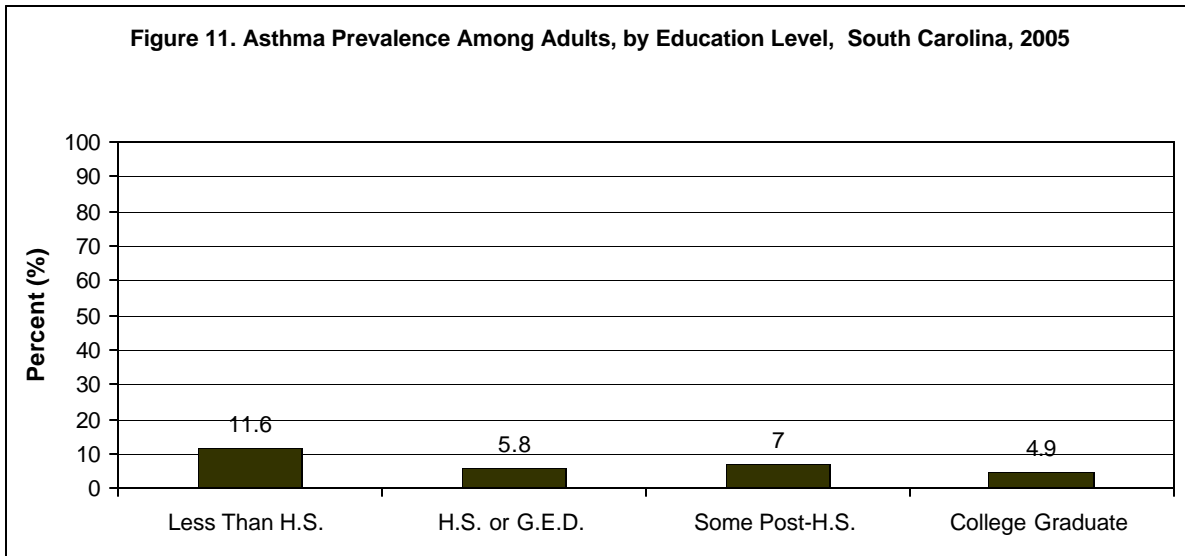
Asthma

Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

Nationwide in 2005, the median prevalence of adults who had ever had asthma was 12.6%. The prevalence of ever having asthma among adults in South Carolina was 11.2%. Females had a higher prevalence (12.3%) of having been told they had asthma than males (9.9%). Socioeconomic factors were related. Those with an annual household income less than \$15,000 per year were more likely (15.4%) to report a diagnosis of asthma than those earning a household income of \$50,000 per year (9.5%). Likewise, those respondents with less than a high school education (15.9%) were more likely than those respondents with a college education (8.8%) to report having ever been told they had asthma.

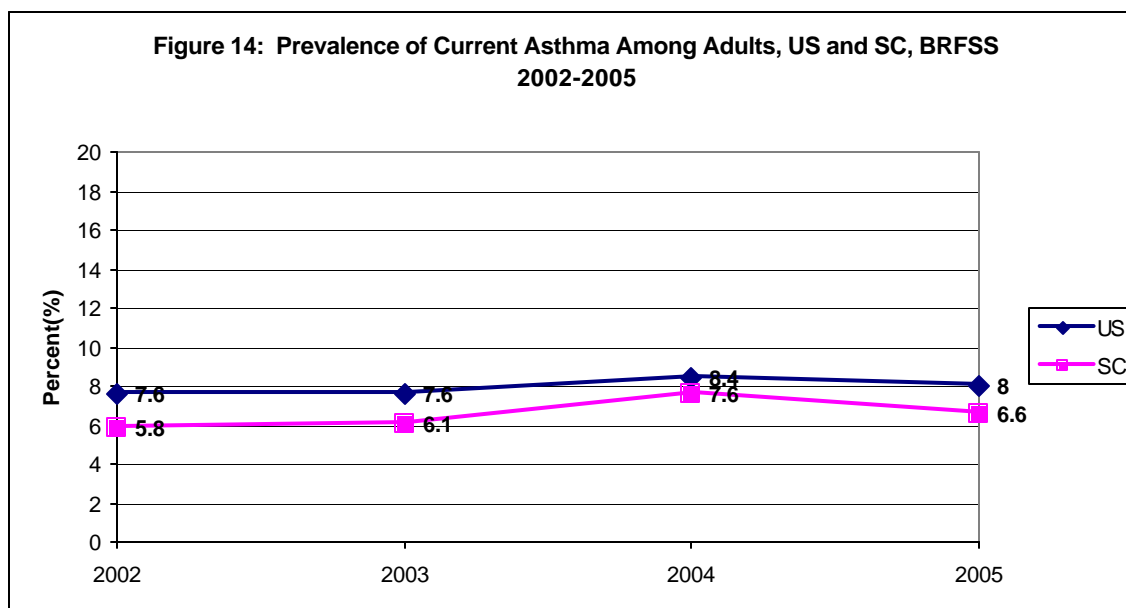
Do you still have asthma?

The prevalence of having current asthma among adults in South Carolina was 6.6% in 2005. Females reported a higher prevalence of having current asthma (8.6%) than males (4.5%). The prevalence of asthma decreased with increasing education level and increasing household income. Those with less than a high school education (11.6%) and those with a household income less than \$15,000 per year (9.9%) were more likely to report current asthma than those with a college degree (4.9%) and those earning a household income greater than \$50,000 per year (5.1%) respectively. Notably, the prevalence of current asthma for those earning less than \$15,000 per year (9.9%) was significantly lower than the same subgroup in 2004 (15.6%).



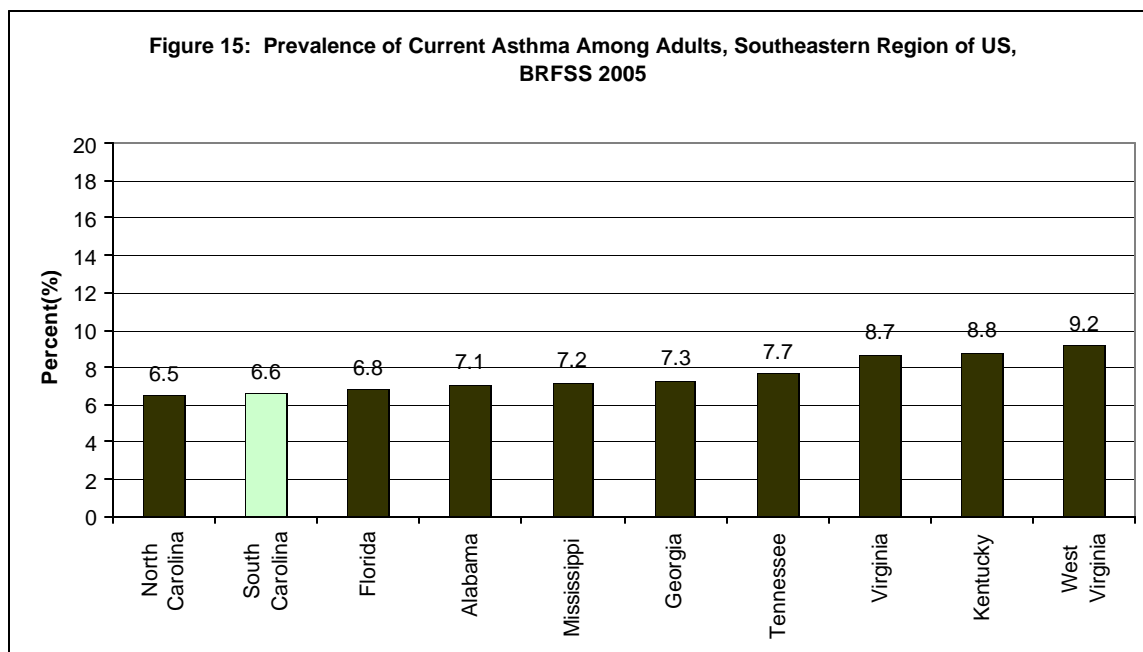
South Carolina and the Nation

The prevalence of current asthma in South Carolina and the United States has remained stable since 2002.



South Carolina and the Region

South Carolina ranked second lowest in the prevalence of adult current asthma among the ten Southeastern states. The prevalence in the region ranged from 6.5% in North Carolina to 9.2% in West Virginia.



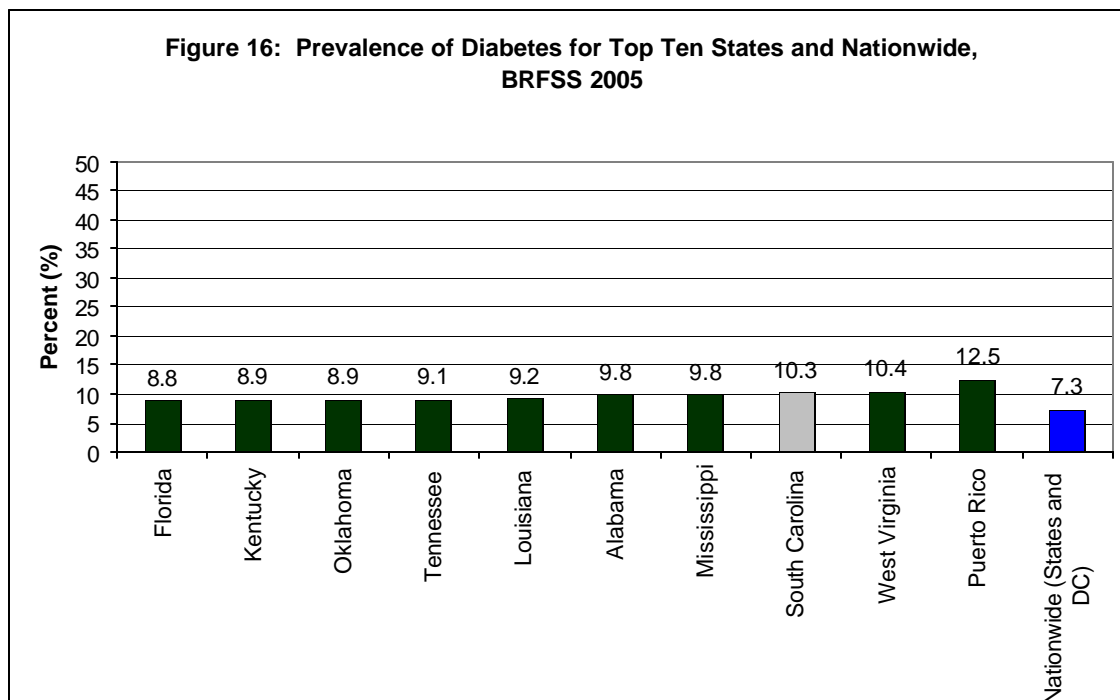
Diabetes

Have you ever been told by a doctor that you have diabetes?

Healthy People 2010:

Objective 5.3: Diabetes, Clinically Diagnosed, Ages > 18 : Goal: 2.5%

Approximately 10.3% of South Carolina adults reported being told by a doctor that they had diabetes. South Carolina's prevalence ranked 2nd among all the states in 2005 (Figure 16) and South Carolina's rate was higher than the national average prevalence. Within the Southeastern ten state region, South Carolina ranked second highest after West Virginia.



There was no difference in diabetes prevalence rate between genders. Those respondents who were African American (15.4%) had a higher prevalence rate than those respondents who were Caucasian (8.4%). The prevalence of diabetes also increased with age; the prevalence increased two fold between the age groups '45-54' (11.8%) and '55-64' (21.7%).

Additionally, socioeconomic factors were related to the prevalence of diabetes. The prevalence decreased with an increase in annual household income and education level. Those with less than a high school education (19.4%) and those with an annual

household income less than \$15,000 (20.9%) were three times more likely to be diabetic than those with a college degree (5.9%) and those earning a household income of greater than \$50,000 per year (6.0%) respectively.

Those who reported being diagnosed with diabetes (N=948) answered the following questions.

How old were you when you were told you have diabetes?

Among South Carolina adults diagnosed with diabetes, 10.0% were diagnosed at less than 30 years of age, an additional 42.2% were diagnosed between 30 and 50, 25.0% were diagnosed between the ages of 50 and 60, and 22.8% were diagnosed over the age of 60. Of those over the age of 65 when interviewed, 58.7% were diagnosed over the age of 60. More African Americans were diagnosed between the ages of 30 and 50 than Caucasians. More Caucasians were diagnosed over the age of 60 than African Americans.

Are you now taking insulin?

Approximately 29.5% of diabetic South Carolina adults reported that they were taking insulin for their diabetes. There was no difference by gender or race.

Are you now taking diabetes pills?

Of the 1013 South Carolina diabetic adults who responded to the 2005 SC BRFSS, 72.9% said they were taking diabetes pills to control their diabetes.

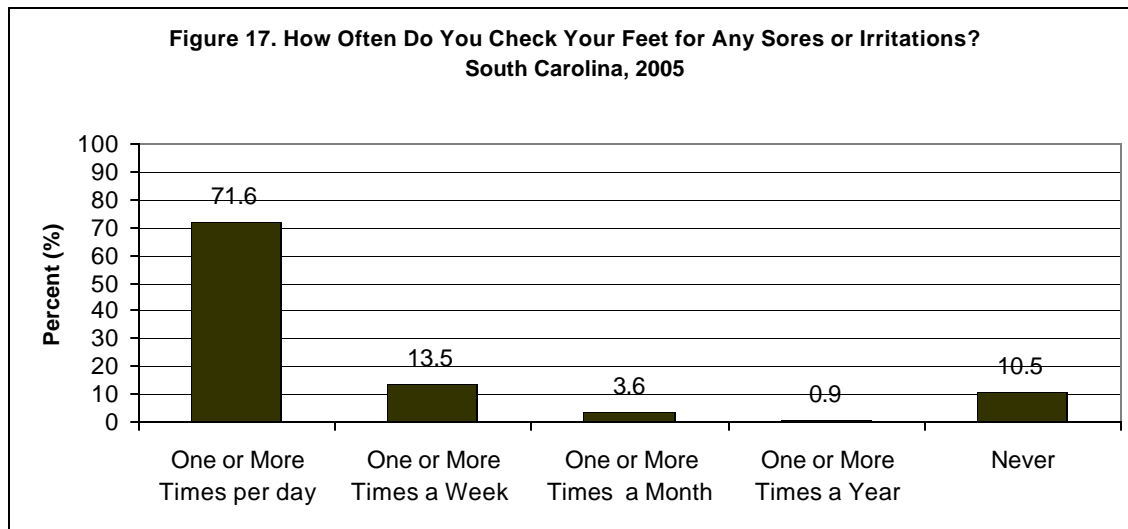
A test for hemoglobin 'A1C' measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for hemoglobin 'A1C'?

About 77.0% of adults who reported having diabetes in 2005 SC BRFSS said they had been checked for hemoglobin 'A1C' at least once in the past 12 months by a doctor, nurse or other health professional. The recommended screening amount for this test is 4 times a year. Approximately 6.4% of adult diabetics in SC had been checked 5 or more times in the last year. In this subpopulation, African Americans were 3 times more likely

to have had this test at that frequency than Caucasians. Additionally, there were 23.0% of South Carolina adult diabetics who had never had the test or who had never heard of it.

About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do not include times when checked by a health professional.

Seventy-one point six percent of respondents with diabetes reported that they had checked their feet one or more times per day. There were no reportable differences by gender or race and there was no trend by education level for checking the respondent's feet one or more times per day. However, approximately 10.5% reported that they never checked their feet.



Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy?

Of the South Carolina adult diabetics who responded to the 2005 SC BRFSS, 21.7% reported that a doctor had told them that diabetes had affected their eyes. More African-Americans (27.6%) than Caucasians (16.6%) reported that they had retinopathy. Those earning over \$50,000 per year household income were two times less likely to have reported retinopathy than those earning less than \$15,000 per year.

Have you ever taken a course or class on how to manage your diabetes yourself?

About 51.6% of respondents with diabetes had taken a class on how to manage their diabetes.

Table 4. About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?

Never	Once	2-3 times	4 or more times
277 (27.5%)	188 (19.3%)	212 (22.9%)	292 (30.3%)

Eight point three percent of respondents who reported having diabetes in 2005 said that they had had sores or irritations on their feet that took more than four weeks to heal. This is a significant decrease in percentage from 2004.

Table 5. When was the last time you had an eye exam in which the pupils were dilated?

Time	N	Percent
Within past month	175	17.4
Within past year	488	47.4
Within past 2 years	150	15.5
2 or more years ago	150	15.4
Never	33	4.3

Exercise/Physical Activity

Physical Activity Recommendation

Definition

- ❖ Meets recommendation: Moderate physical activity for 30 or more minutes per day, five or more days per week or vigorous physical activity for 20 or more minutes per day, three or more days per week.
 - ❖ Some physical activity: Does some physical activity, but does not meet recommendations above.
 - ❖ Physically inactive: Respondents report no physical activity.
-

Forty-five point three percent of South Carolina adults reported their physical activity met the recommended level. Males were more likely to meet the recommendation than females: 49.5% vs. 41.4%; Caucasians were more likely to meet the recommendation than African Americans, 48.2% vs. 37.4%. Age, education and income were related to meeting the physical activity recommendation. Those with a household income greater than \$50,000 (50.6%), those aged 18-24 years (56.1%) and those with a college degree (50.3%) were more likely to meet the physical activity recommendation than those earning a household income less than \$15,000 per year (34.1%), those aged greater than 65 years (36.6%) and those with less than a high school education (32.1%) respectively.

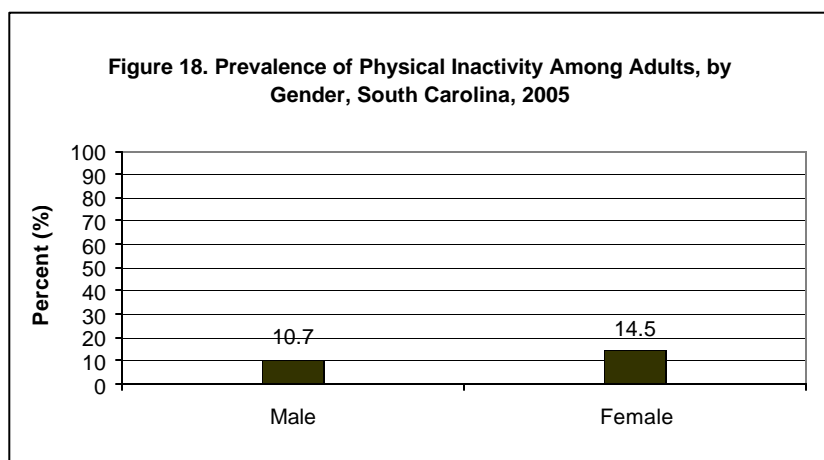


Figure 19. Prevalence of Physical Inactivity Among Adults, by Education, South Carolina, 2005.

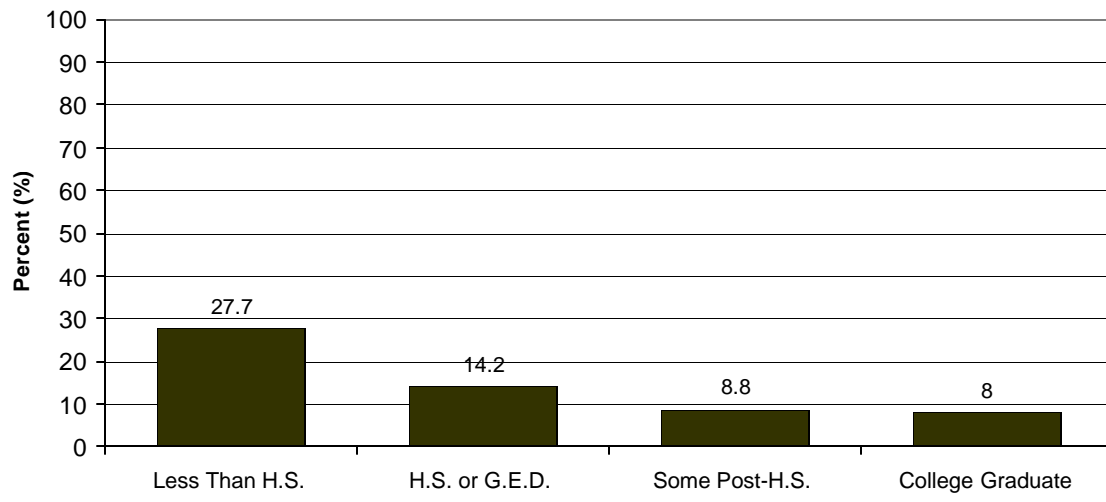
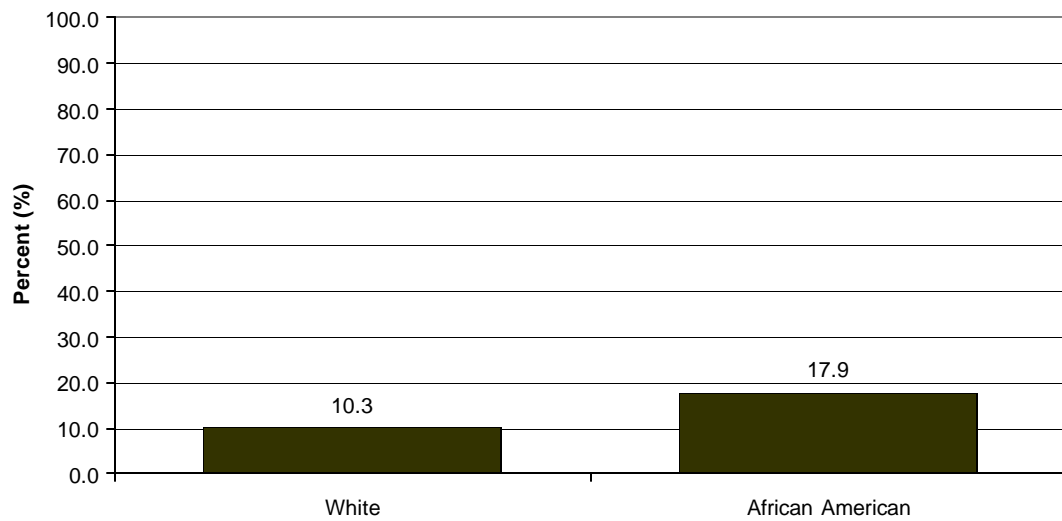
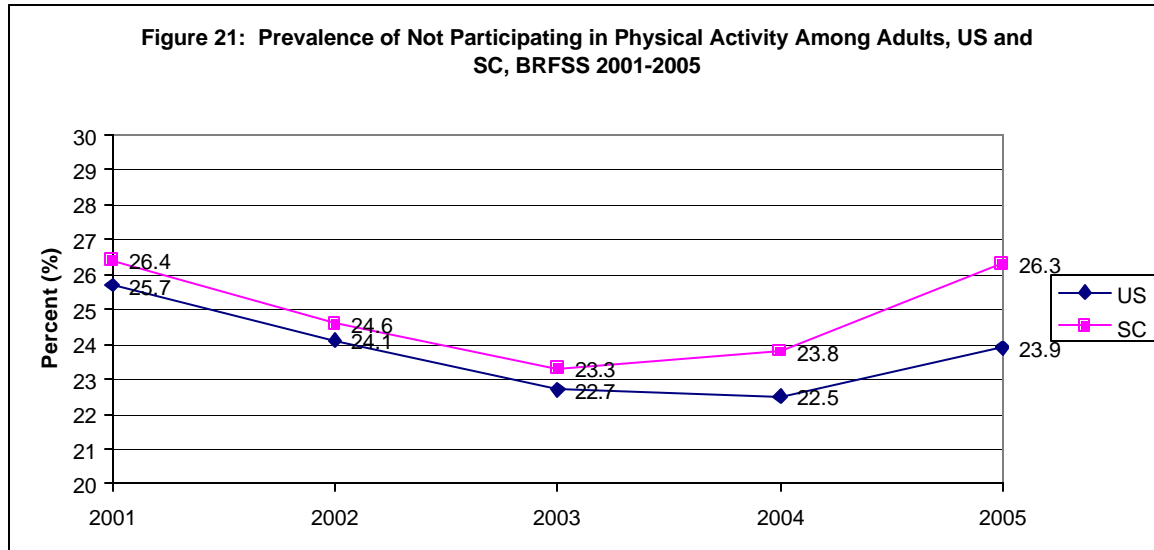


Figure 20. Prevalence of Physical Inactivity Among Adults, by Race, South Carolina, 2005



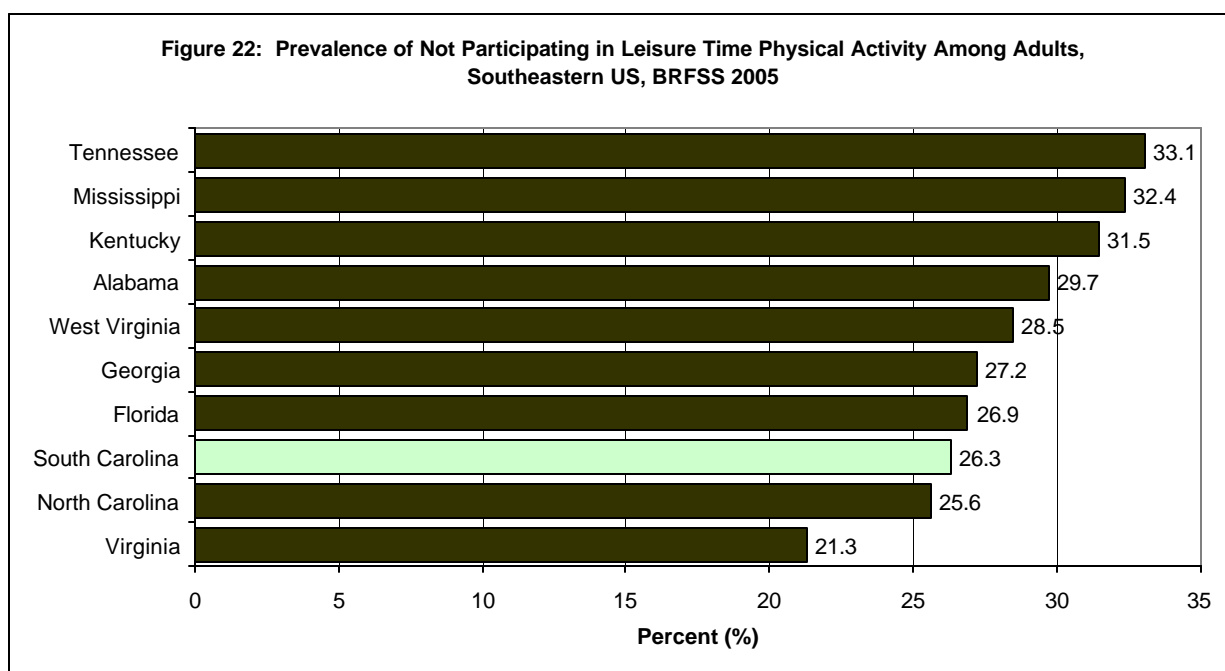
South Carolina and the Nation

Between 2001 and 2005, the national median and the average prevalence of adults not participating in any leisure time activity remained constant. In 2002 and 2003, there was a decrease in the prevalence but, in 2005, the prevalence in both the nation and South Carolina had returned to its 2001 levels.



South Carolina and the Region

In 2005, South Carolina ranked third lowest in the ten Southeastern states for the prevalence of adults not participating in leisure time activity. The prevalence in the region ranged from 21.3% in Virginia to 33.1% in Tennessee.



Healthy People 2010:

Objective #22.1: No Leisure Time Physical Activity, Ages >18, Goal: 20%

Any level of leisure time exercise or physical activity in last 30 days (other than as part of a regular job)

Approximately 26.3% of South Carolina adults reported not having any leisure time exercise or physical activity in the last 30 days. Women had a higher prevalence of no leisure time exercise (30.0%) than men (22.2%). Those with less than a high school education (46.3%) and those with an annual household income less than \$15,000 (45.9%) had a higher prevalence of not having any leisure time exercise than those with a college education (14.5%) or an annual household income of greater than \$50,000 (14.7%). African Americans had a higher prevalence of having had no leisure time activity in the past 30 days (34.1%) than Caucasians (23.0%).

Healthy People 2010

Objective # 22.2: Regular, moderate physical activity, 5 or more days per week for 30 or more minutes, Ages > 18 Goal: 30%.

Moderate physical activity (30 or more minutes per day at least 5 or more times per week)

Forty-five point three percent of South Carolina adults met this recommendation. More males (49.5%) than females (41.4%) met the recommendation. Less African-Americans (37.4%) met the recommendation than Caucasians (48.2%). Those with a college education (50.3%) were more likely to meet the moderate physical activity recommendation than those with less than a high school education (32.1%) More respondents with a yearly household income greater than \$50,000 met the moderate physical activity requirement (50.6%) than those earning a yearly household income less than \$15,000 (34.1%).

Within the Southeastern region of the United States, South Carolina ranked second highest in the prevalence of adults engaging in regular moderate physical activity along with Florida (45.3%). The highest prevalence of adults engaging in regular moderate activity in the region was Virginia with 50.8%.

Healthy People 2010:

Objective 22.3: Regular, Vigorous Physical Activity, 3 or more days per week for 20 or more minutes, Ages > 18. Goal: 30%

Vigorous physical activity (20 or more minutes per day at least 3 or more times per week)

About 24.9 % of South Carolina adults met this particular physical activity recommendation. More males (30.7%) met the recommendation for vigorous physical activity than females (19.1%). Those respondents in the '18-24' age group were twice as likely to meet the vigorous recommendation than those aged 65 and greater (37.7% vs. 12.9%). Those with a college degree (30.8%) and those earning a household income greater than \$50,000 per year (31.0%) were twice as likely to meet the vigorous activity recommendation than those with less than a high school education (13.4%) and those respondents with an annual household income less than \$15,000 (14.4%).

In the Southeastern region of the United States in 2005, South Carolina ranked second in the prevalence of adults engaging in regular vigorous physical activity (24.6%). The prevalence in the region ranged from 16.8% in Kentucky to 30.4% in Virginia.

Table 6. Physical Activity Recommendation Status, SC BRFSS 2005

	Total #	Meets Recommendations			Meets Some of the Recommendations			Physically Inactive		
	Respondents	N	%	C.I.(95%)	N	%	C.I.(95%)	N	%	C.I.(95%)
TOTAL	7,789	3,364	45.3	43.9-46.7	3,320	42.1	40.7-43.4	1,105	12.6	11.8-13.5
GENDER										
Male	3,098	1,472	49.5	47.3-51.8	1,254	39.8	37.7-42.0	372	10.7	9.4-12.0
Female	4,691	1,892	41.4	39.7-43.1	2,066	44.2	42.5-45.9	733	14.5	13.3-15.7
RACE										
White	5,915	2,698	48.2	46.7-49.7	2,493	41.5	40.0-43.0	724	10.3	9.5-11.2
African American	1,637	557	37.4	34.3-40.6	744	44.7	41.6-47.8	336	17.9	15.8-20.2
Other	190	88	51.0	42.2-59.8	69	34.0	26.4-42.6	33	14.9	10.3-21.3
AGE										
18-24	387	213	56.1	50.4-61.6	142	36.8	31.5-42.4	32	7.1	4.8-10.5
25-34	974	470	48.7	45.1-52.2	429	43.4	40.0-46.9	75	7.9	6.2-10.1
35-44	1,423	653	46.1	43.2-49.0	619	43.1	40.2-46.0	151	10.8	9.1-12.8
45-54	1,595	705	43.7	40.9-46.4	703	44.7	42.0-47.5	187	11.6	9.9-13.6
55-64	1,524	608	40.3	37.6-43.0	681	44.1	41.3-46.8	235	15.7	13.7-17.9
65+	1,821	681	36.6	34.2-39.1	723	39.5	37.0-42.0	417	23.9	21.8-26.2
EDUCATION										
Less Than H.S.	981	292	32.1	28.3-36.1	387	40.3	36.3-44.4	302	27.7	24.4-31.1
H.S. or G.E.D.	2,453	1,019	44.4	41.9-47.0	1,031	41.4	38.9-43.9	403	14.2	12.6-15.9
Some Post-H.S.	1,988	875	47.1	44.4-49.9	913	44.1	41.4-46.8	200	8.8	7.5-10.3
College Graduate	2,351	1,172	50.3	47.9-52.6	983	41.7	39.4-44.1	196	8.0	6.8- 9.4
HOUSEHOLD INCOME										
Less than \$15,000	916	278	34.1	29.7-38.8	387	42.0	37.6-46.6	251	23.9	20.7-27.4
\$15,000- \$24,999	1,206	491	44.5	40.8-48.2	514	39.4	35.9-42.9	201	16.2	13.7-19.0
\$25,000- \$34,999	909	392	42.8	38.8-46.9	389	43.4	39.4-47.5	128	13.8	11.3-16.7
\$35,000- \$49,999	1,179	517	45.4	42.0-48.8	522	43.9	40.6-47.3	140	10.7	8.9-12.8
\$50,000+	2,614	1,317	50.6	48.4-52.9	1,125	43.5	41.3-45.7	172	5.9	5.0- 7.0

Emotional Support and Life Satisfaction

How often do you get the social and emotional support you need?

Responses to this question were divided into five categories: always, usually, sometimes, rarely and never. On the South Carolina 2005 BRFSS questionnaire, 48.7% of adults responded that they always received the support that they needed. An additional 28.5% reported usually receiving support, 15.4% reported sometimes receiving support, 4.0% reported rarely receiving support and 3.5% reported never receiving the support that they needed.

Caucasians reported always getting the support when needed more than African Americans (50.8% versus 43.0%). There were additional differences by education and income groups. Those respondents with less than a high school education reported always receiving the emotional support they needed (38.1%) less often than those with a college education (54.4%). Those with an annual household income of less than \$15,000 reported always receiving the emotional support they needed (34.0%) less than those earning more than \$50,000 per year (56.0%).

In general, how satisfied are you with your life?

Approximately 46.3% of South Carolina adult respondents reported they were very satisfied with their lives. An additional 47.9% reported being satisfied, 4.5% dissatisfied and 1.2% were very dissatisfied with their lives. Almost one-half of Caucasians (49.8%) reported being very satisfied with life while 37.3% of African Americans reported the same. There was a trend by education and income groups. Thirty-three point nine percent of those with less than a high school education reported being very satisfied with life while over half (58.8%) of those with a college education reported the same. Those earning more than \$50,000 per year reported being very satisfied (59.0%) with life while 27.6% of those earning less than \$15,000 reported the same.

Figure 23: Prevalence of Always Receiving Needed Emotional Support, by Education Status, SC BRFSS 2005

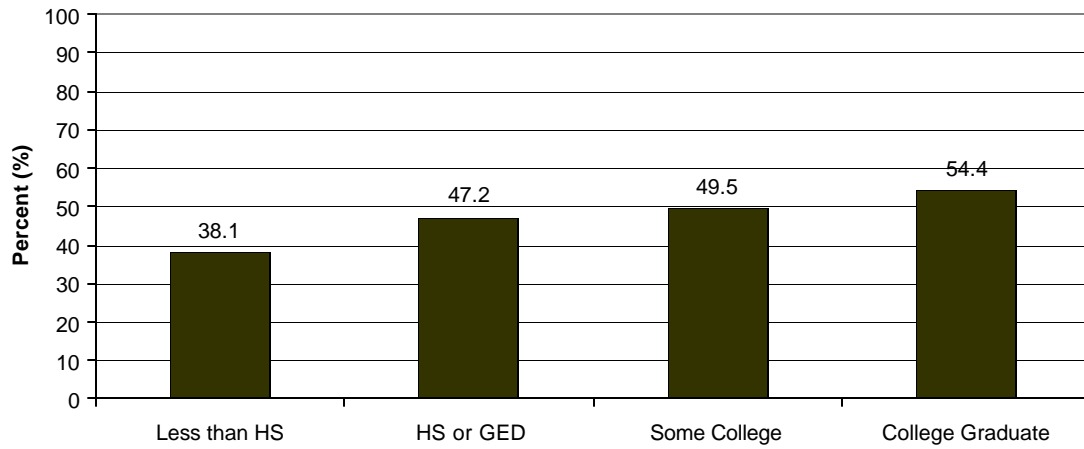
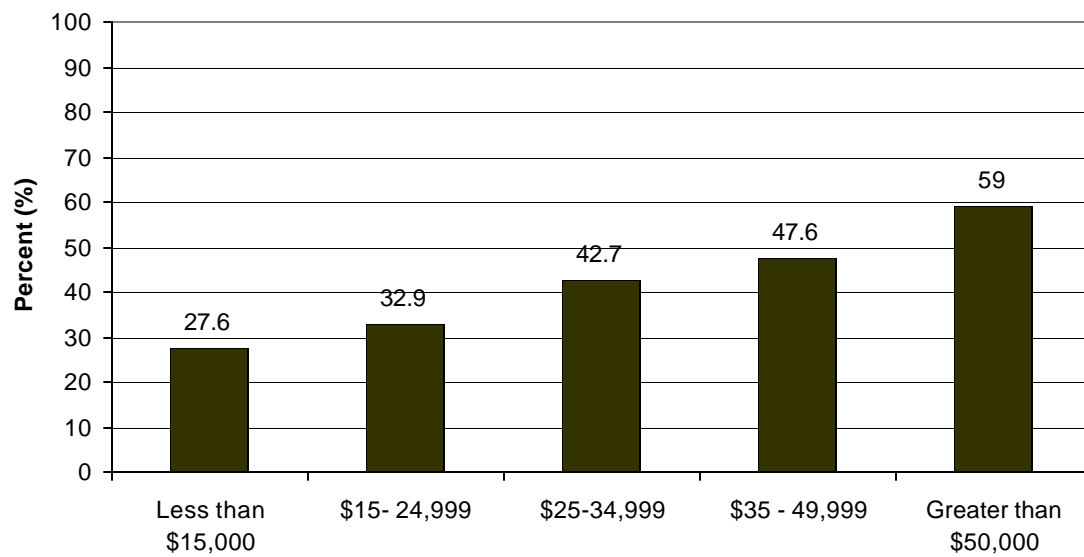


Figure 24: Prevalence of Being Very Satisfied with Life, by Income Level, SC BRFSS 2005



Arthritis

Joint symptoms

About 42.9% of respondents reported having had pain, aching, or stiffness in or around a joint in the last 30 days. Among those reporting pain, aching, or stiffness or swelling in or around a joint, 84.5% of them reported that these symptoms first began more than 3 months ago. Additionally, among those reporting pain, aching, or stiffness or swelling in or around a joint, 74.6% of them had seen a doctor, nurse, or other health professional for these symptoms.

Possible Arthritis

Possible arthritis is defined as those who reported having pain, aching, or stiffness in or around a joint in the past 30 days, whose pain began more than 3 months ago and who have never been diagnosed as arthritic. Approximately 14.4% of respondents met the definition of possible arthritis. There was no significant difference by gender, race, education or income.

Arthritis

Have you ever been told by a doctor that you have some form of arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia?

Of the South Carolina adults who responded to this question, 30.8% reported being told by a doctor or health practitioner that they had some form of arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia. Female respondents had higher rates of reporting arthritis or a similar condition than males, 34.2% versus 27.1% respectively. There was no reportable difference by race.

The prevalence of arthritis also related to income and education levels of respondents. Respondents with household income less than \$15,000 per year had the highest rate of arthritis (46.3%) among all the income groups. Those who had less than a high school education had the highest rate of the disease (48.2%)

Figure 25: Prevalence of Arthritis Among Adults, by Age Group, South Carolina, 2005

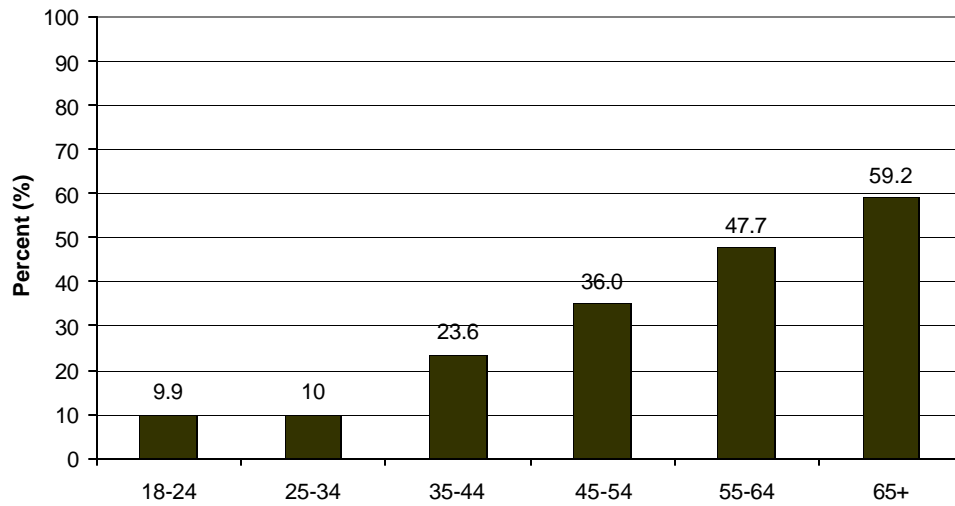


Figure 26. Prevalence of Arthritis Among Adults, by Household Income Level, South Carolina, 2005

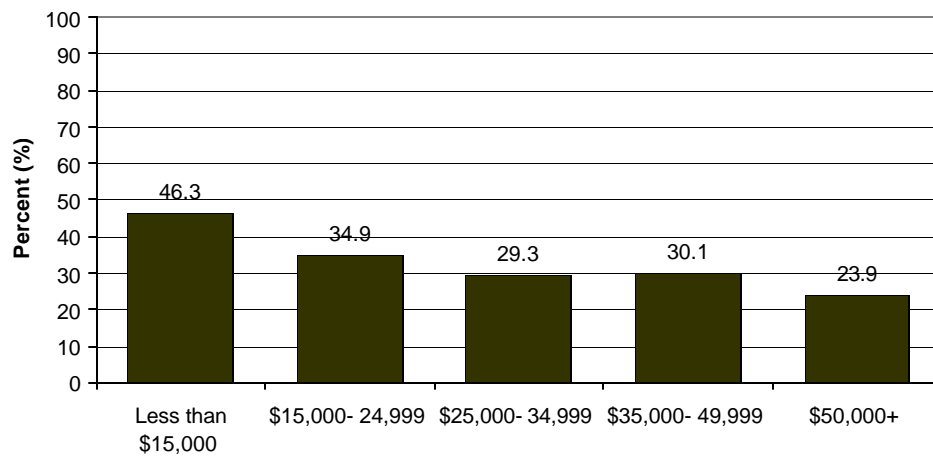


Table 7. Have you ever been told by a doctor that you have some form of arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia?

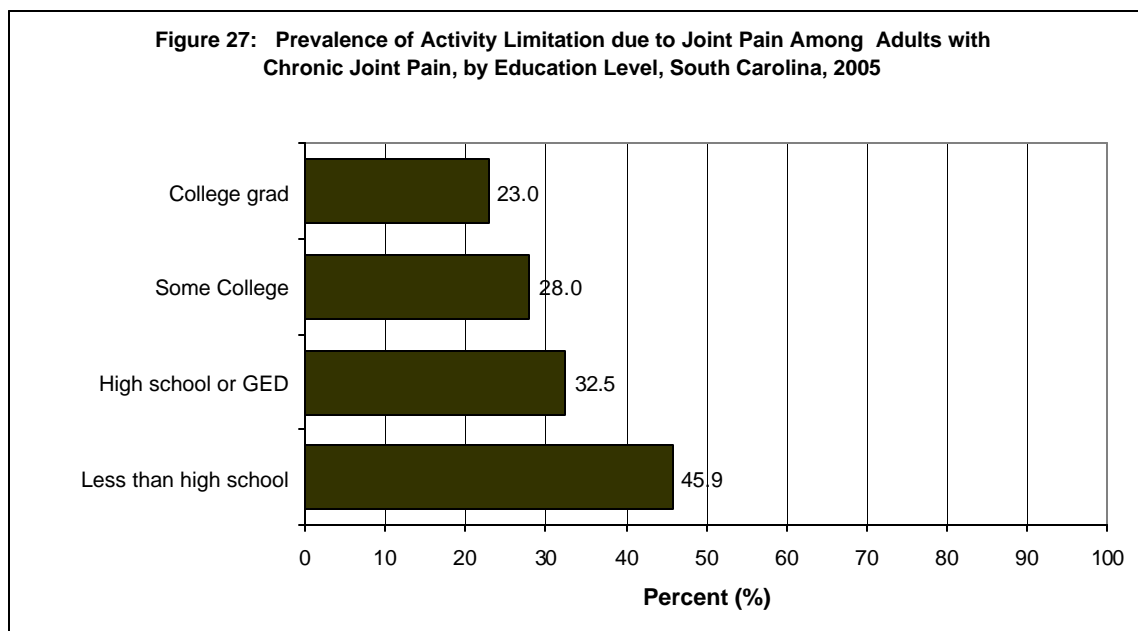
	Total #		Yes		No		
	Respondents	N	%	C.I.(95%)	N	%	C.I.(95%)
TOTAL	8,325	3,118	30.8	29.7-32.0	5,207	69.2	68.0-70.3
GENDER							
Male	3,275	1,071	27.1	25.4-28.9	2,204	72.9	71.1-74.6
Female	5,050	2,047	34.2	32.7-35.7	3,003	65.8	64.3-67.3
RACE							
White	6,271	2,361	31.9	30.7-33.3	3,910	68.1	66.7-69.3
African American	1,790	663	28.5	26.1-31.0	1,127	71.5	69.0-73.9
Other	204	72	28.4	21.8-36.1	132	71.6	63.9-78.2
AGE							
18-24	399	39	9.9	7.1-13.6	360	90.1	86.4-92.9
25-34	1,013	104	10.0	8.1-12.2	909	90.0	87.8-91.9
35-44	1,469	343	23.6	21.2-26.1	1,126	76.4	73.9-78.8
45-54	1,666	587	35.0	32.4-37.6	1,079	65.0	62.4-67.6
55-64	1,621	796	47.7	45.0-50.4	825	52.3	49.6-55.0
65+	2,085	1,226	59.2	56.9-61.6	859	40.8	38.4-43.1
EDUCATION							
Less Than H.S.	1,129	624	48.2	44.4-51.9	505	51.8	48.1-55.6
H.S. or G.E.D.	2,648	1,069	32.9	30.8-35.1	1,579	67.1	64.9-69.2
Some Post-H.S.	2,086	722	27.2	25.0-29.4	1,364	72.8	70.6-75.0
College Graduate	2,441	694	23.5	21.8-25.4	1,747	76.5	74.6-78.2
HOUSEHOLD INCOME							
Less than \$15,000	1,012	564	46.3	42.2-50.5	448	53.7	49.5-57.8
\$15,000- \$24,999	1,319	560	34.9	31.8-38.1	759	65.1	61.9-68.2
\$25,000- \$34,999	971	362	29.3	26.2-32.6	609	70.7	67.4-73.8
\$35,000- \$49,999	1,228	427	30.1	27.3-33.1	801	69.9	66.9-72.7
\$50,000+	2,676	715	23.4	21.6-25.2	1,961	76.6	74.8-78.4

Healthy People 2010:

Objective #2.2: Limitation in Activities due to Arthritis in Adults with Chronic Joint Symptoms, Ages > 18. Goal: 21%

(Chronic joint symptoms is defined as those with pain, stiffness or swelling in or around a joint in the past 30 days and whose pain began more than 3 months ago.)

Approximately 35.5% of South Carolina adults who met the definition for chronic joint pain reported limitation in activities. Those with less than a high school education reported a higher prevalence of activity limitation (45.9%) than those with a college degree (24.4%). Those with a household income less than \$15,000 reported a higher prevalence of activity limitation (53.3%) than those earning an annual household income of greater than \$50,000 per year (19.1%). Females were more likely to have activity limitation attributable to chronic joint symptoms (34.5%) than males (27.9%).



Arthritis Management¹

Thinking about your arthritis or joint symptoms, which of the following describes you today?

Thirty one point three percent of South Carolina adults with arthritis or chronic joint pain reported that they could do everything while 8.3% of adults reported that they couldn't do anything. More males (36.1%) than females (27.3%) reported that they could

¹ These questions were only asked of respondents who reported that they had arthritis or chronic joint pain.

do everything. Education and income was associated with a report of ‘I can do everything’. Those with less than a high school education (16.9%) were less likely to report being able to do everything than a college graduate (40.2%). Those with a household annual income of less than \$15,000 (12.1%) were less likely to report being able to do everything than those earning more than \$50,000 per year (42.5%).

Has a doctor or other health professional EVER suggested losing weight to help with your arthritis or joint symptoms? ²

Fifty eight percent of obese adults reported yes.

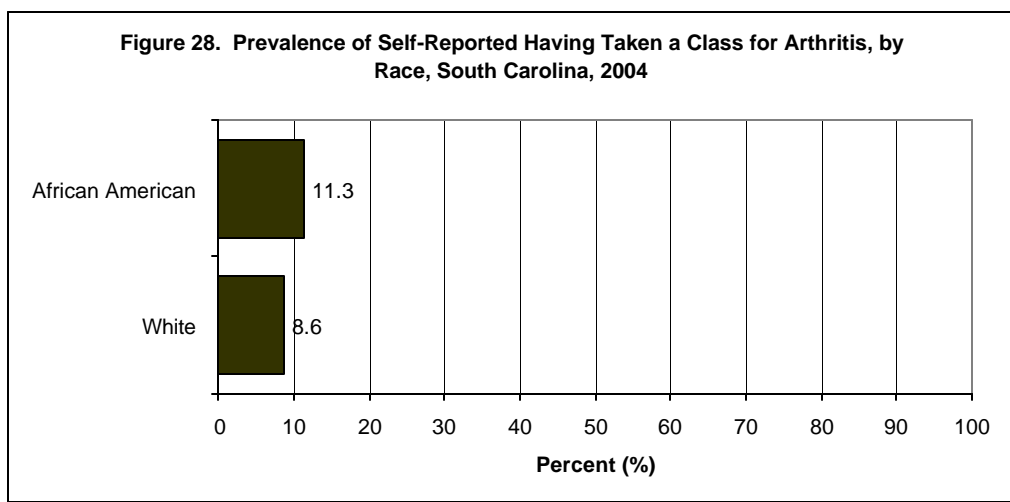
Has a doctor or other health professional EVER suggested physical activity to help your arthritis or joint symptoms?

Forty-seven point seven percent of South Carolina adults indicated that a doctor had suggested physical activity to help with arthritis symptoms. More females (52.5%) than males (42.0%) and more African Americans (54.8%) than Caucasians (45.3%) reported that they had received that suggestion.

Have you ever taken an educational course or class to teach you how to manage problems related to your arthritis or joint symptoms?

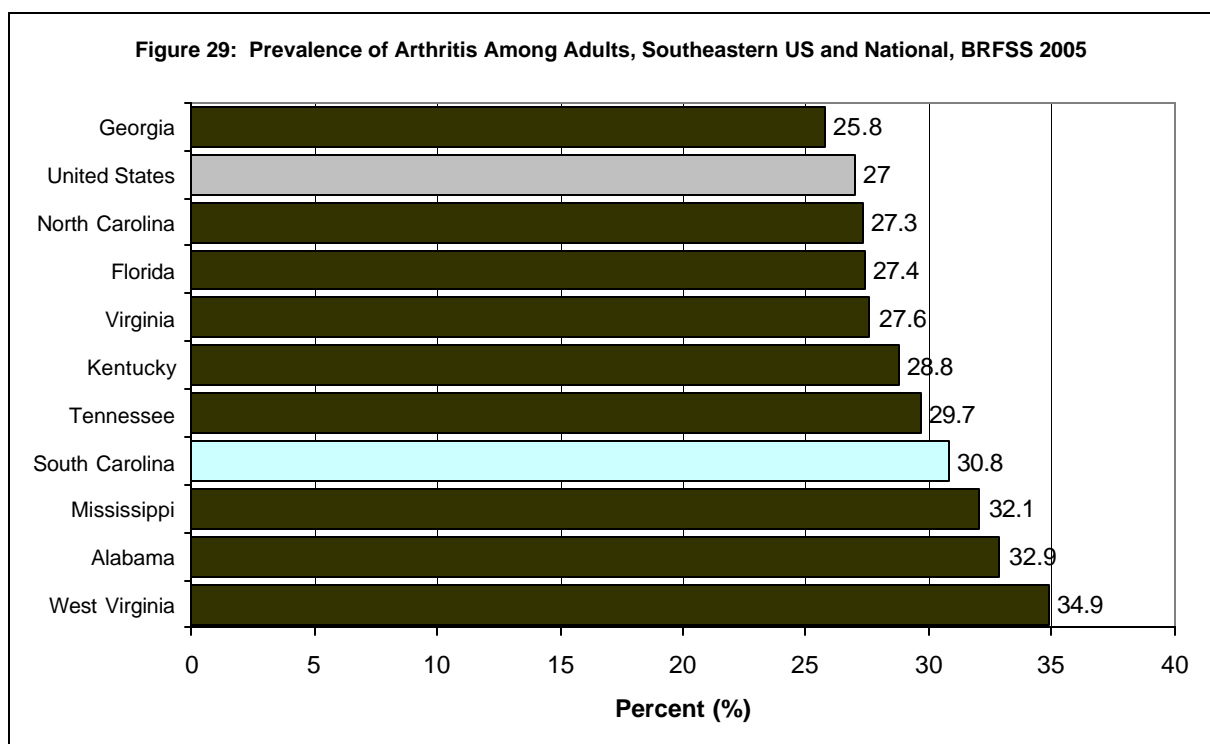
Approximately 9.4% of South Carolina adults with joint symptoms or arthritis replied that they had taken a self-management course.

² Statistic analysis limited obese arthritis cases.



South Carolina and the Region

South Carolina ranked fourth highest in prevalence of adults with doctor-diagnosed arthritis among the ten Southeastern States. Arthritis prevalence ranged in the Southeastern region from 25.8% in Georgia to 34.9% in West Virginia. The national median from BRFSS was 27.0%



Skin Cancer

When you go outside on a sunny summer day for more than one hour, how often do you use sunscreen or sun block?

Forty-seven point five percent of South Carolina Adults reported that they seldom used sun block while going outside on a sunny summer day. An additional 29.1% said they always or nearly always used sun block. Over twice the amount of women (20.7%) always wear sun block than men (8.2%). Three times the amount of Caucasians (18.1%) use sun block on sunny summer days than African-Americans (6.4%).

Of those that wore sun block, 40.5% were less than a 15 SPF. An additional 38.0% wore a 15 SPF; 17.8% wore more than a 30 SPF and 3.7% wore more than a 45 SPF.

When you go outside on a sunny summer day for more than an hour, how often do you stay in the shade?

Of those who responded to the question, 5.5% reported that they never stayed in the shade, 14.5% seldom stayed in the shade, 47.9% sometimes stayed in the shade, 20.1% nearly always stayed in the shade and 12.0% always stayed in the shade. Twice the percentage of females (15.8%) always stayed in the shade when compared to males (7.8%).

Table 8: When you go outside on a sunny summer day for more than an hour, how often do you wear a wide-brimmed hat or any other hat that shades your face, ears, and neck from the sun? SC BRFSS 2005

Response	N	Prevalence
Always	1522	19.1
Nearly Always	1153	14.1
Sometimes	1767	23.3
Seldom	879	11.6
Never	2470	31.9

Females reported never wearing hats more often than males (41.1% versus 21.9%). Likewise, males reported always wearing a hat outdoors on a sunny day more than females (27.1% versus 11.6%). African Americans reported always wearing hats outside (25.7%) more often than Caucasians (16.6%). Those earning less than \$15,000 per year were more likely to report always wearing a hat outdoors (23.6%) than those earning more than \$50,000 per year (15.0%).

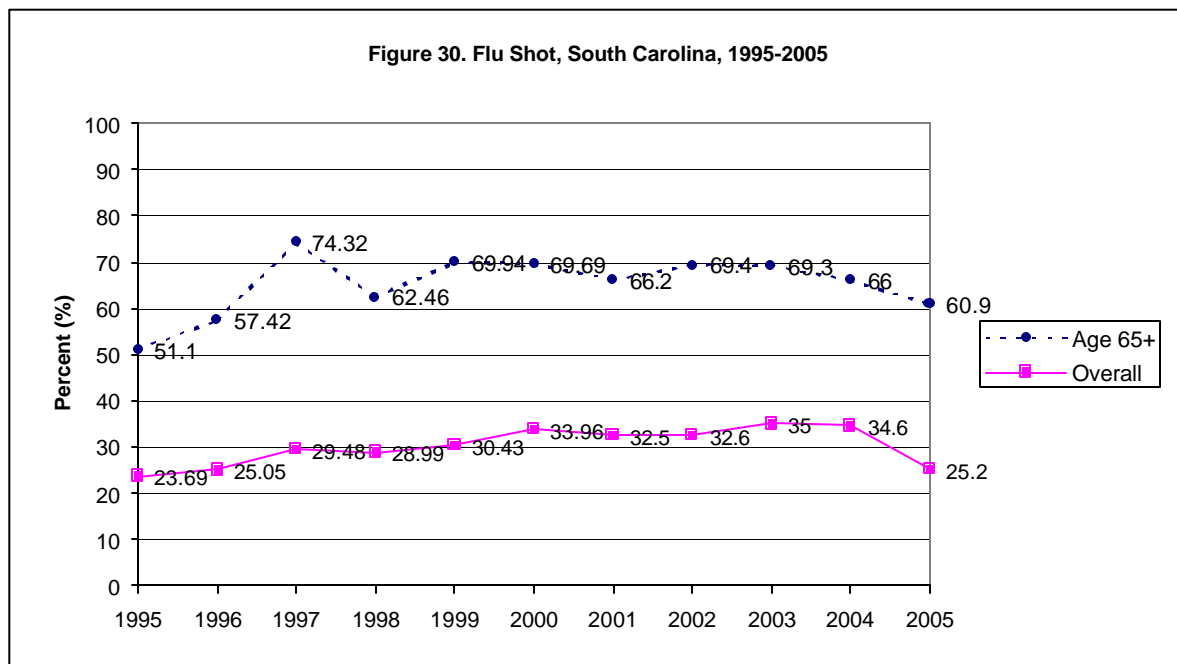
When you go outside on a sunny summer day for more than an hour, how often do you wear long-sleeved shirts?

Approximately 55.9% of South Carolina adults never wear a long-sleeve shirt when outside on a sunny summer day. More Caucasians never wear a long-sleeve shirt as protection (61.2%) than African Americans (43.6%). There is a difference by age. Those who are 18-24 years of age reported never wearing a long-sleeve shirt (64.7%) more than those over the age of 65 (37.5%).

Immunization/Flu Shot

During the past 12 months, have you had a flu shot?

About 25.2% of South Carolina adults reported having had a flu shot in the past year. This number was significantly lower than the average in 2004. More Caucasians (26.7%) than African-Americans (21.5%) reported that they had had a flu shot in the last 12 months. Twenty-nine point six percent of adults aged 55-64 years and 60.9% of adults aged 65 and older said they had had a flu shot in the past 12 months. These percentages were higher than any other age group.



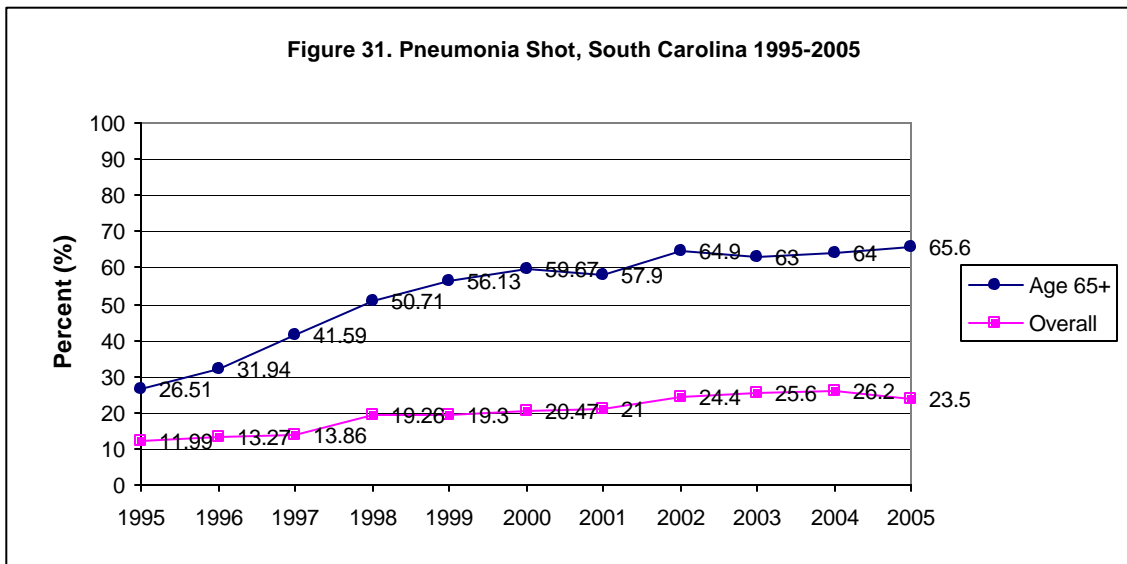
Healthy People 2010:

Objective 14.29a: Influenza Immunization, Within Past Year, Ages >65, Goal: 90%

Approximately 60.9% of South Carolina adults over the age of 65 had received the flu shot in the last 12 months. More Caucasians (65.1%) that reported receiving a flu shot in the past 12 months than African-Americans (47.7%).

Have you ever had a pneumonia shot? This shot is usually given only once or twice in a person's lifetime and is different from the flu shot. It is also called the pneumococcal vaccine.

Twenty-three point five percent of South Carolina adults reported that they had had a pneumonia shot. There was a difference between the respondent groups with household income less than \$15,000 (34.2%) and \$50,000+ (16.6%) and with respondent groups with education of less than high school (32.7%) and those with a college degree (21.1%) for having had a pneumonia shot. Approximately 65.6% of senior citizens aged 65 and older had the pneumococcal vaccine, which was a higher prevalence than any other age group.



Healthy People 2010:

Objective 14.29b: Pneumococcal Pneumonia Vaccination, Ever Had, Ages >65:

Goal: 90%

African-Americans over the age of 65 (46.6%) reported having received the shot less than Caucasians (71.5%).

In January and February 2005, the CDC added questions to the immunization core questions to ascertain the impact of the influenza vaccine shortage. For January 2005, of the 729 people who had not received a flu vaccine that flu season, approximately 32.5% replied that they hadn't received their shot because of the shortage. In February

2005, of the adults who did not receive the flu vaccine that year, 30.9% replied it was because of the shortage of vaccine.

South Carolina and the Nation

In 2005, the national prevalence of influenza vaccination for those over the age of 65 was approximately 65.7%. The national prevalence of influenza vaccination among those adults older than 65 has remained stable since 2002. The National 2005 prevalence of having ever had a pneumonia shot in those older than 65 was 65.9%. The prevalence has fluctuated since 2002, but the national prevalence has remained stable through 2004 and 2005.

Table 9: Influenza Vaccinations in the Last Year and Pneumonia Vaccinations Ever in 65+ Adults, US and SC, BRFSS 2002-2005

	Influenza Vaccination in 65+ Adults (last year)		Pneumonia Vaccination in 65+ Adults (ever)	
	United States	South Carolina	United States	South Carolina
2002	68.6	69.4	63.0	64.9
2003	70.2	69.3	70.2	69.3
2004	66.0	68.0	64.7	64.0
2005	65.7	60.9	65.9	65.6

South Carolina and the Southeast

South Carolina ranked third lowest in prevalence of recent flu shot in those over adult respondents over the age of 65 in the Southeastern United States. The region estimates ranged from 55.6% in Florida to 66.8% in Virginia.

Additionally in 2005, South Carolina ranked 5th highest in the Southeastern region in prevalence of having ever had a pneumonia shot among adult respondents over the age of 65. Those prevalence estimates ranged from 61.9% in Alabama to 68.2% in West Virginia.

Figure 32: Prevalence of Influenza Vaccination in the Past Year, Southeastern US, BRFSS 2005

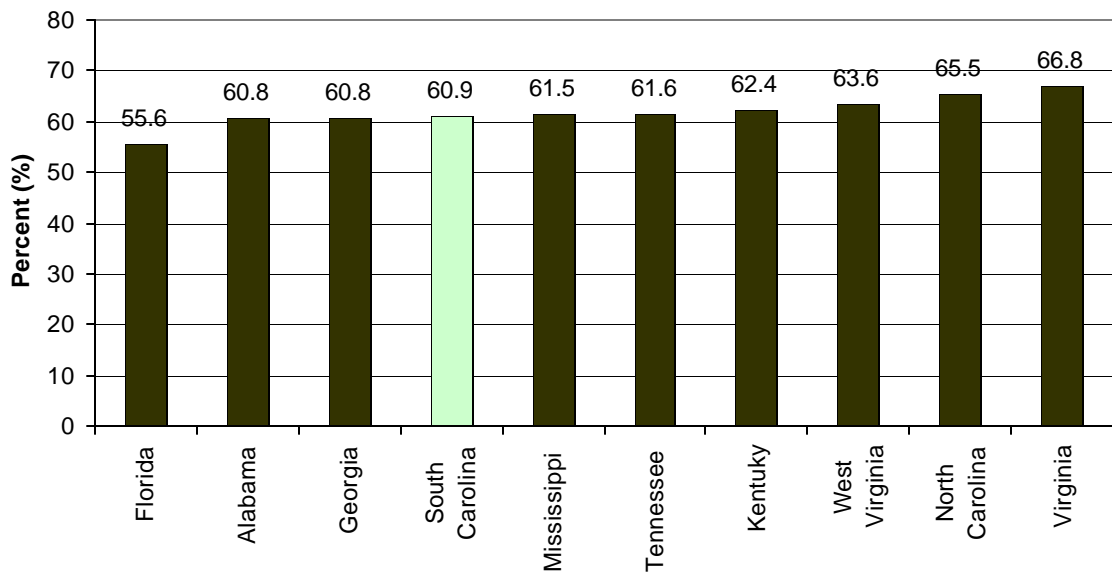
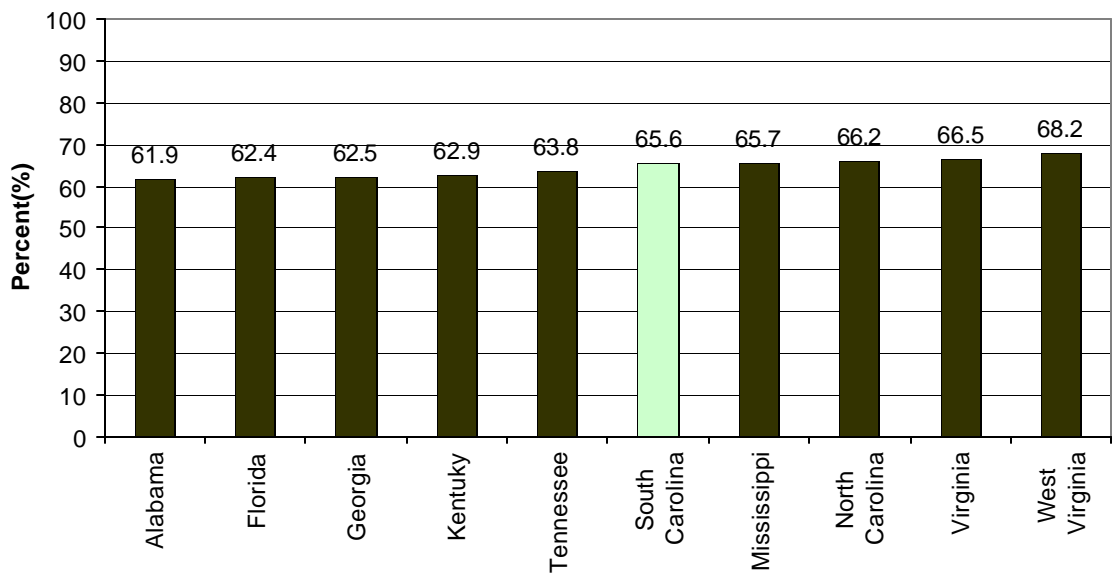


Figure 33: Prevalence of Ever Having a Pneumonia Vaccination Among Adults over the Age of 65, BRFSS 2005



Tobacco Use/ Smoking Cessation

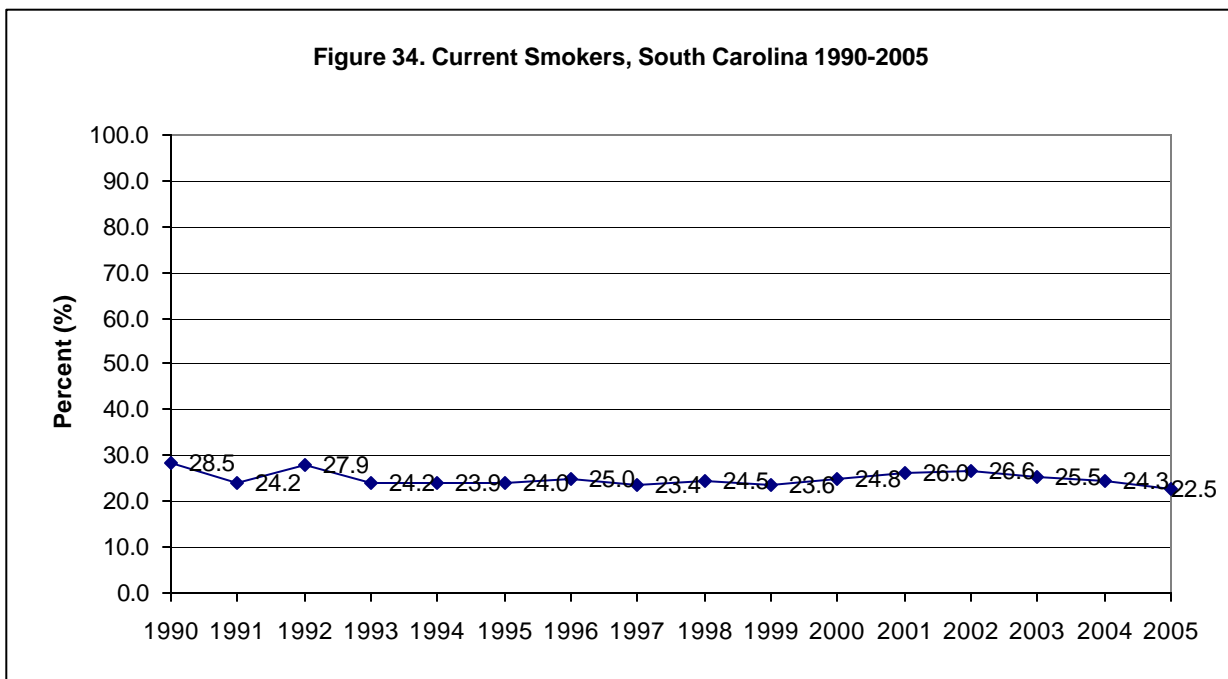
Healthy People 2010:

Objective 27.1: Cigarette Smoking, Ages >18: Goal: 12%

Current smokers

Definition: Anybody who has smoked at least 100 cigarettes in his/her entire life and smokes everyday or some days now.

The prevalence of current smoking in South Carolina in 2005 was 22.5%. This ranked the state 15th highest for prevalence rate of current smokers overall in the nation.

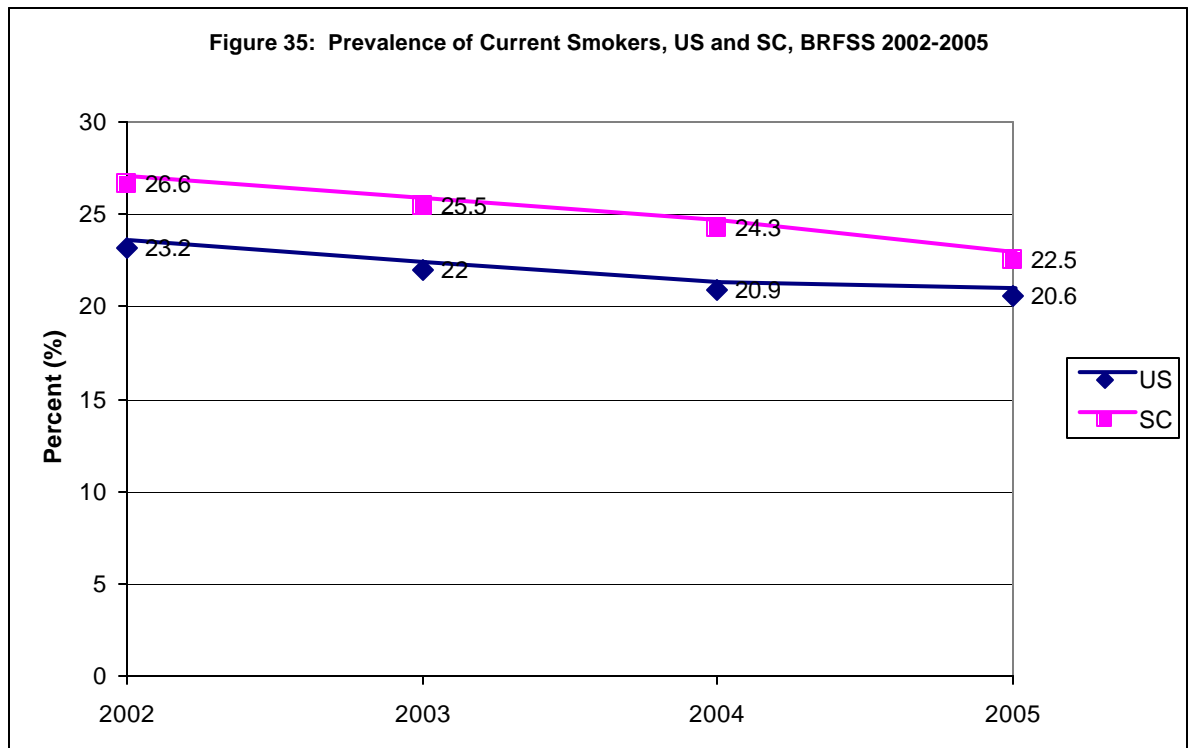


Senior citizens (age 65+), people with college degree or higher, or those respondents with an annual household income of more than \$50,000 were less likely to be current smokers. Their smoking prevalence rates were 10.0%, 12.5% and 18.6% respectively, which were lower than the state average (22.5%). Males (25.3%) were more likely to be current smokers than females (18.2%).

Among current smokers, 55.4% reported having stopped smoking for one day or longer during the past 12 months because they were trying to quit smoking. African-Americans reported attempting to quit smoking (74.2%) more than Caucasians (49.5%).

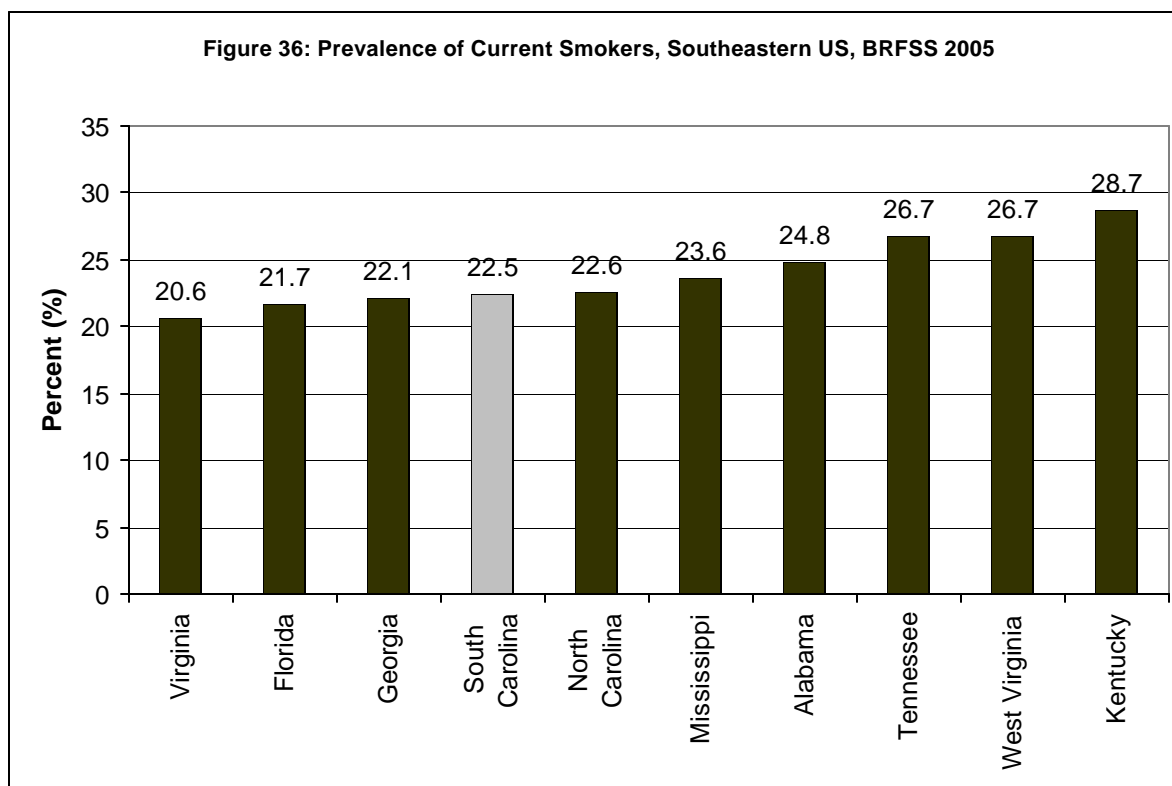
South Carolina and the Nation

The prevalence of current smoking in South Carolina remains slightly higher than the National median. This trend has continued since 2002. However, in 2005, there was no significant difference between the National median and the South Carolina average prevalence. The average for the Nation in 2005 was 20.6%. South Carolina ranked 15th highest in the prevalence of current smokers.



South Carolina and the Southeast

South Carolina has the fourth lowest prevalence of adult smokers among the ten Southeastern states; Virginia had the lowest prevalence (20.6%) and Kentucky had the highest prevalence (28.7%)



Smoking Cessation

About how long has it been since you last smoked cigarettes regularly?¹

Approximately 58.0% of adult South Carolinian former smokers stopped smoking more than 10 years ago. An additional 12.5% stopped smoking in the past year.

In the past 12 months, on how many visits were you advised to quit smoking by a doctor or other health provider?²

Thirty-six point four percent of South Carolina adult smokers were not advised to quit smoking by a doctor or other health provider in the last 12 months. However, 13.0% were advised to quit on more than 5 visits to a doctor. There was no difference by gender, race, age, education or income for rates of never having been advised to quit smoking.

¹ Asked of former smokers.

² This question was asked only of current smokers and previous smokers (quitted with the past year) who reported having seen a doctor, nurse or some other health professional in the past 12 months.

On how many visits did your doctor, nurse or other health professional recommend or discuss medication to assist you with quitting smoking, such as nicotine gum, patch, nasal spray, inhaler, lozenge, or prescription medication such as Wellbutrin /Zyban/Bupropion?³

Of current smokers and former smokers who had stopped smoking in the past year that had received medical care for themselves, approximately 70.4% had never been advised of nor had not discussed medication options with their doctor to help them quit smoking.

On how many visits did your doctor, nurse or health provider recommend or discuss methods and strategies other than medication to assist you with quitting smoking?⁴

Approximately 78.1% of adult smokers in South Carolina were never advised of or had not discussed methods other than medication to help them stop smoking with their doctor or health provider.

³ This question was asked only of current smokers and previous smokers (quitted with the past year) who reported having seen a doctor, nurse or some other health professional in the past 12 months

⁴ This question was asked only of current smokers and previous smokers (quitted with the past year) who reported having seen a doctor, nurse or some other health professional in the past 12 months

Table 10. Current Smoker*

	Total #	Not at Risk			At Risk		
	Respondents	N	%	C.I.(95%)	N	%	C.I.(95%)
TOTAL	8,406	6,647	77.5	76.3-78.6	1,759	22.5	21.4-23.7
GENDER							
Male	3,309	2,549	74.7	72.8-76.6	760	25.3	23.4-27.2
Female	5,097	4,098	80.0	78.7-81.3	999	20.0	18.7-21.3
RACE							
White	6,329	4,935	75.7	74.4-77.0	1,394	24.3	23.0-25.6
African American	1,808	1,500	81.8	79.2-84.1	308	18.2	15.9-20.8
Other	208	159	77.4	69.8-83.6	49	22.6	16.4-30.2
AGE							
18-24	402	288	72.3	67.1-77.0	114	27.7	23.0-32.9
25-34	1,027	771	74.3	71.1-77.2	256	25.7	22.8-28.9
35-44	1,482	1,094	74.5	71.9-76.9	388	25.5	23.1-28.1
45-54	1,682	1,245	73.9	71.4-76.3	437	26.1	23.7-28.6
55-64	1,635	1,316	79.9	77.6-82.0	319	20.1	18.0-22.4
65+	2,103	1,870	90.0	88.5-91.3	233	10.0	8.7-11.5
EDUCATION							
Less Than H.S.	1,134	806	68.0	64.2-71.6	328	32.0	28.4-35.8
H.S. or G.E.D.	2,673	1,999	72.5	70.2-74.7	674	27.5	25.3-29.8
Some Post-H.S.	2,116	1,647	78.0	75.7-80.1	469	22.0	19.9-24.3
College Graduate	2,460	2,174	87.5	85.8-89.1	286	12.5	10.9-14.2
HOUSEHOLD INCOME							
Less than \$15,000	1,023	736	71.0	66.9-74.8	287	29.0	25.2-33.1
\$15,000- \$24,999	1,336	972	71.6	68.4-74.7	364	28.4	25.3-31.6
\$25,000- \$34,999	979	743	74.5	71.0-77.8	236	25.5	22.2-29.0
\$35,000- \$49,999	1,233	980	78.0	75.1-80.7	253	22.0	19.3-24.9
\$50,000+	2,695	2,251	81.4	79.5-83.2	444	18.6	16.8-20.5

* Data in this table were derived from the tobacco use questions 1 and 2.

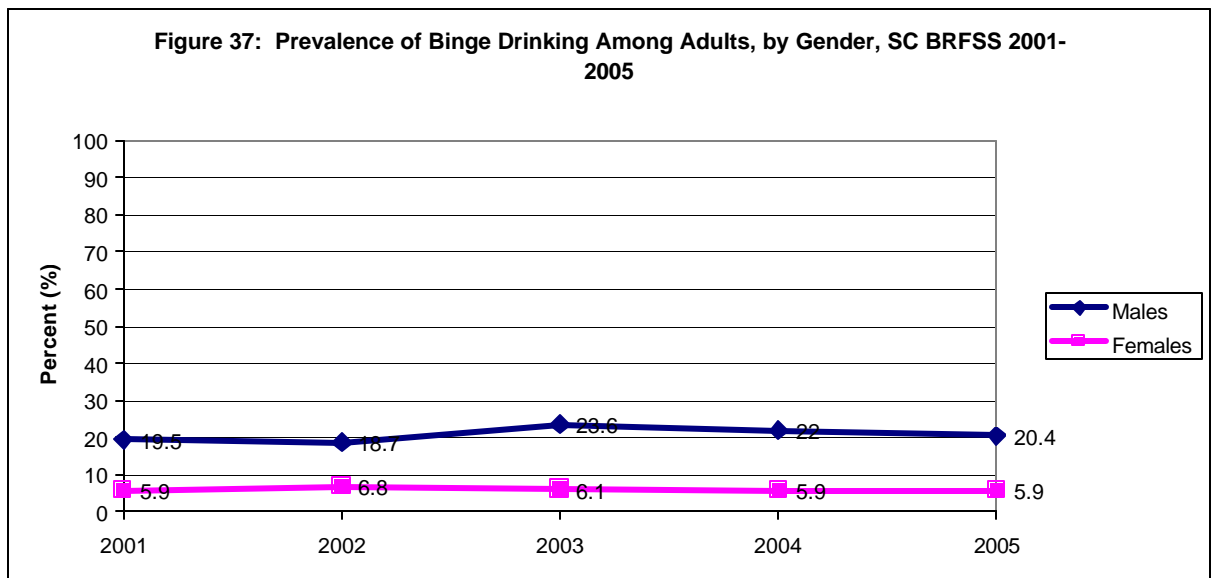
Alcohol Consumption

Alcohol Consumption

Healthy People 2010:

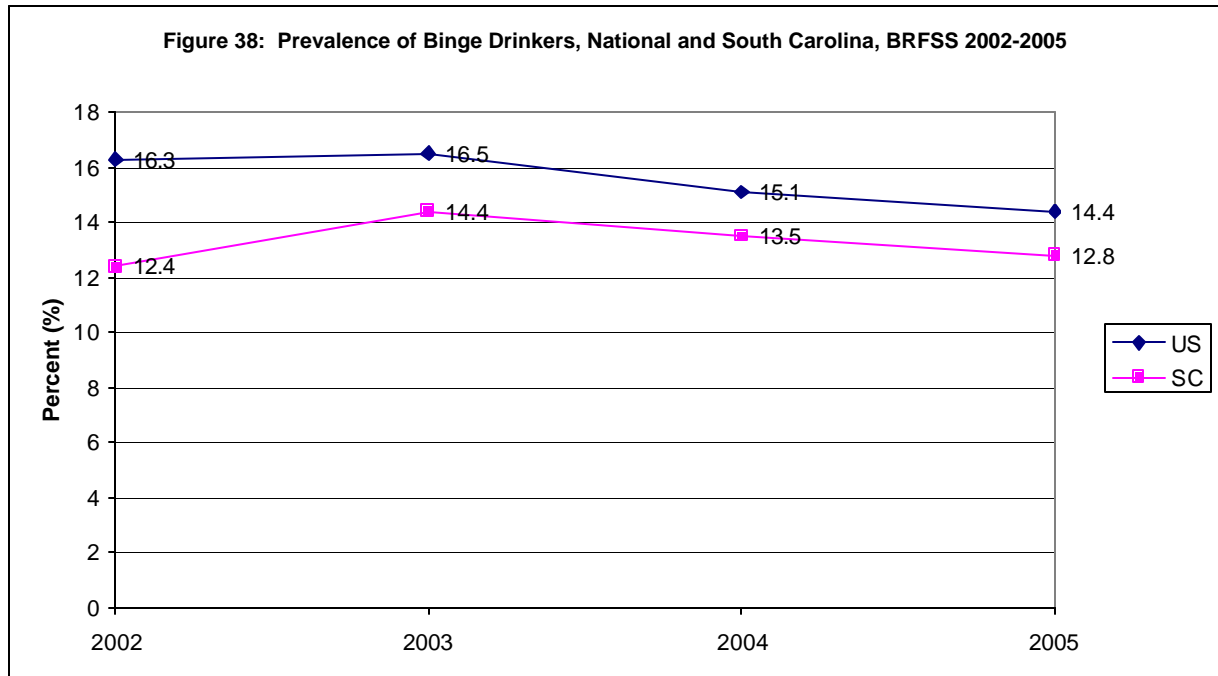
Objective 26.11c: Binge Drinking, during the past month, Ages>18: Goal: 6%

Twelve point eight percent of South Carolina adults reported that they did drink and had had five or more drinks on one or more occasions in the past month. Males reported binge drinking (5 or more drinks on occasion in the past 30 days) 4 times more often than females (20.4% versus 5.9%). Those who were aged 18-24 were ten times more likely to binge drink than those over the age of 65 (20.4% versus 2.3%).



South Carolina and the Nation

In 2005, approximately 12.8% of South Carolina's adult population was at risk for binge drinking as compared to 14.4% of the adult population of the United States. South Carolina's prevalence has been lower than the National prevalence since 2002.



South Carolina and the Southeast

The prevalence of binge drinking among adult responders in South Carolina (12.8%) ranked second overall among the Southeastern United States. Florida was the highest with 14.1% of adults reporting that they had binge drank and Tennessee had the lowest prevalence of binge drinking (8.6%).

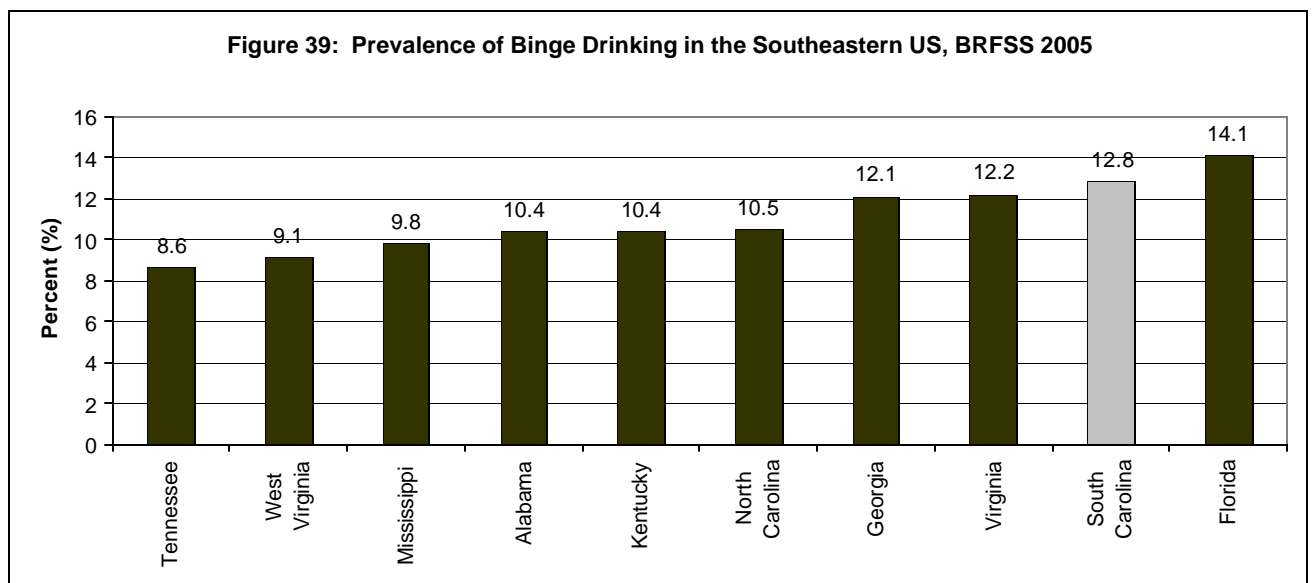


Table 13: Prevalence of Binge Drinking in the Last Month, SC BRFSS, 2005*

	Total #	Not at Risk			At Risk		
	Respondents	N	%	C.I.(95%)	N	%	C.I.(95%)
TOTAL	8,330	7,511	87.2	86.2-88.2	819	12.8	11.8-13.8
GENDER							
Male	3,249	2,669	79.6	77.7-81.4	580	20.4	18.6-22.3
Female	5,081	4,842	94.1	93.2-94.9	239	5.9	5.1- 6.8
RACE							
White	6,278	5,616	86.3	85.1-87.4	662	13.7	12.6-14.9
African American	1,789	1,662	90.3	88.1-92.1	127	9.7	7.9-11.9
Other	203	176	81.6	72.4-88.2	27	18.4	11.8-27.6
AGE							
18-24	399	319	79.6	74.7-83.8	80	20.4	16.2-25.3
25-34	1,019	837	80.2	77.1-82.9	182	19.8	17.1-22.9
35-44	1,466	1,252	84.8	82.6-86.8	214	15.2	13.2-17.4
45-54	1,664	1,481	88.0	86.0-89.7	183	12.0	10.3-14.0
55-64	1,621	1,511	93.1	91.6-94.3	110	6.9	5.7- 8.4
65+	2,091	2,045	97.7	96.9-98.3	46	2.3	1.7- 3.1
EDUCATION							
Less Than H.S.	1,131	1,049	89.7	86.8-92.0	82	10.3	8.0-13.2
H.S. or G.E.D.	2,634	2,381	86.7	84.6-88.5	253	13.3	11.5-15.4
Some Post-H.S.	2,094	1,878	86.7	84.6-88.6	216	13.3	11.4-15.4
College Graduate	2,449	2,181	87.1	85.4-88.7	268	12.9	11.3-14.6
HOUSEHOLD INCOME							
Less than \$15,000	1,013	949	89.4	85.2-92.5	64	10.6	7.5-14.8
\$15,000- \$24,999	1,328	1,199	87.1	84.4-89.4	129	12.9	10.6-15.6
\$25,000- \$34,999	966	865	86.8	83.6-89.5	101	13.2	10.5-16.4
\$35,000- \$49,999	1,225	1,103	87.7	84.9-90.0	122	12.3	10.0-15.1
\$50,000+	2,670	2,318	83.9	82.1-85.6	352	16.1	14.4-17.9

**Data in this table were derived from the alcohol consumption questions.*

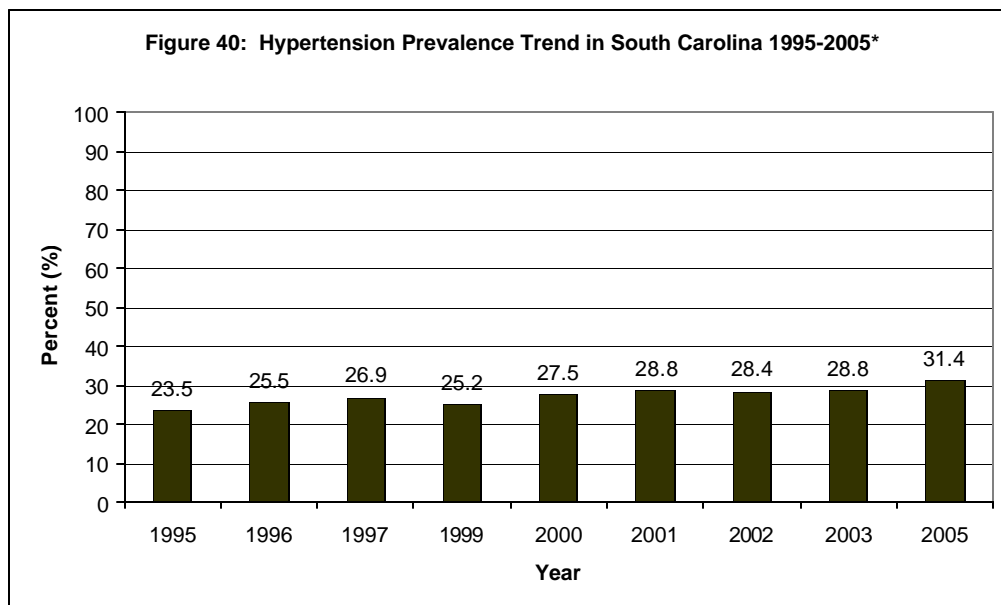
No = Respondents who reported that they did not drink in the past 30 days and who did not have five or more drinks on an occasion.

Yes = Respondents who report they did drink in the past 30 days and had five or more drinks on one or more occasions in the past month.

Hypertension Awareness/Cholesterol Awareness

Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

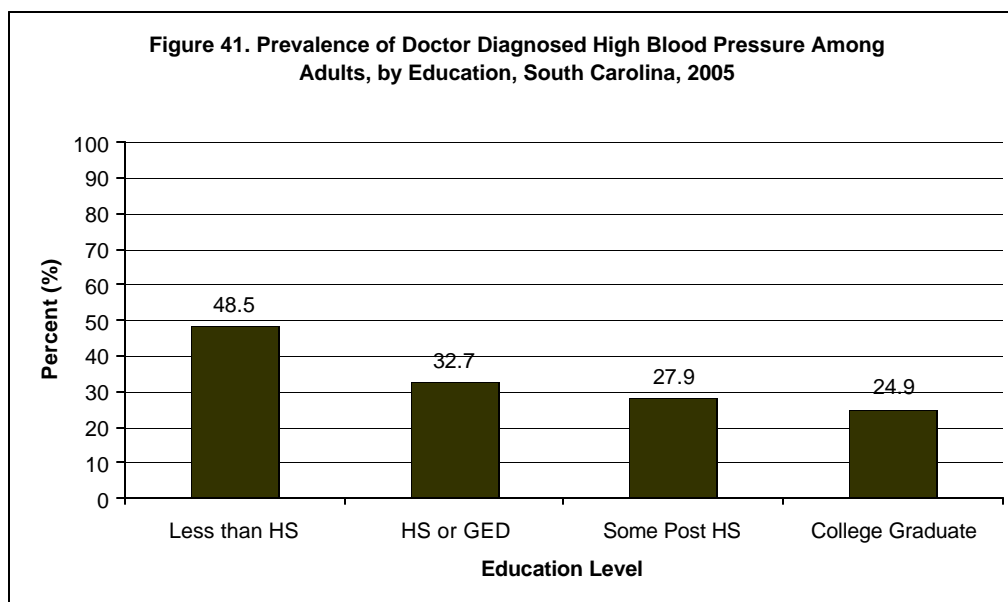
Thirty-one point four percent of South Carolina adults reported that they had been told they were hypertensive. Approximately 1.2% of women reported being hypertensive during pregnancy and an additional 1.3% of adults reported they had been told they were pre-hypertensive.



*data for 1998 unavailable

African Americans were more likely (36.4%) to report a diagnosis of high blood pressure than Caucasians (29.5%) and those South Carolina residents aged 65 years and older had a higher prevalence of hypertension (62.8%) than those respondents aged 55-64 (50.4%).

Socioeconomic factors were important. Those respondents with less than a high school degree was more likely to report a diagnosis of hypertension (48.5%) than those with a high school degree or more (24.9%). Those respondents with an annual household income less than \$15,000 (47.1%) were more likely to be hypertensive than those earning more than \$50,000 (23.8%)



Are you currently taking medicine for your high blood pressure?¹

Of those respondents reported being told they were hypertensive, 81.7% of hypertension patients reported taking medicine for high blood pressure in 2005. More females (84.8%) reported having taken medication for their high blood pressure than men (78.2%).

There were no differences between races, household income and educational attainment. Those respondents aged 35- 44 years (64.7%) were less likely to be currently taking medicine for their high blood pressure than those aged 45-54 years (82.2%).

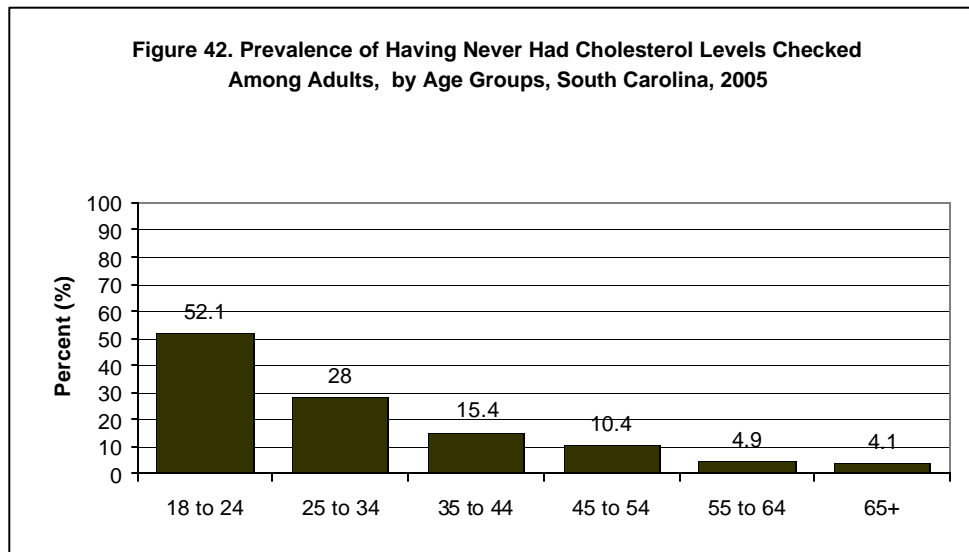
Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?

About 82.0% of South Carolina adults have had their blood cholesterol checked. A higher percentage of Caucasians (84.1%) than African Americans (77.8%) and those with a household income of greater than \$50,000 (88.2%) than those earning less than \$15,000 (79.0%) said that they had had their blood cholesterol level checked.

The young adults group aged “18-24” (47.9%) and “25-34” (72.0%) were less likely to have had their blood cholesterol checked than those aged 35 – 44 (84.6%).

¹ This question was asked only of respondents who reported having had high blood pressure

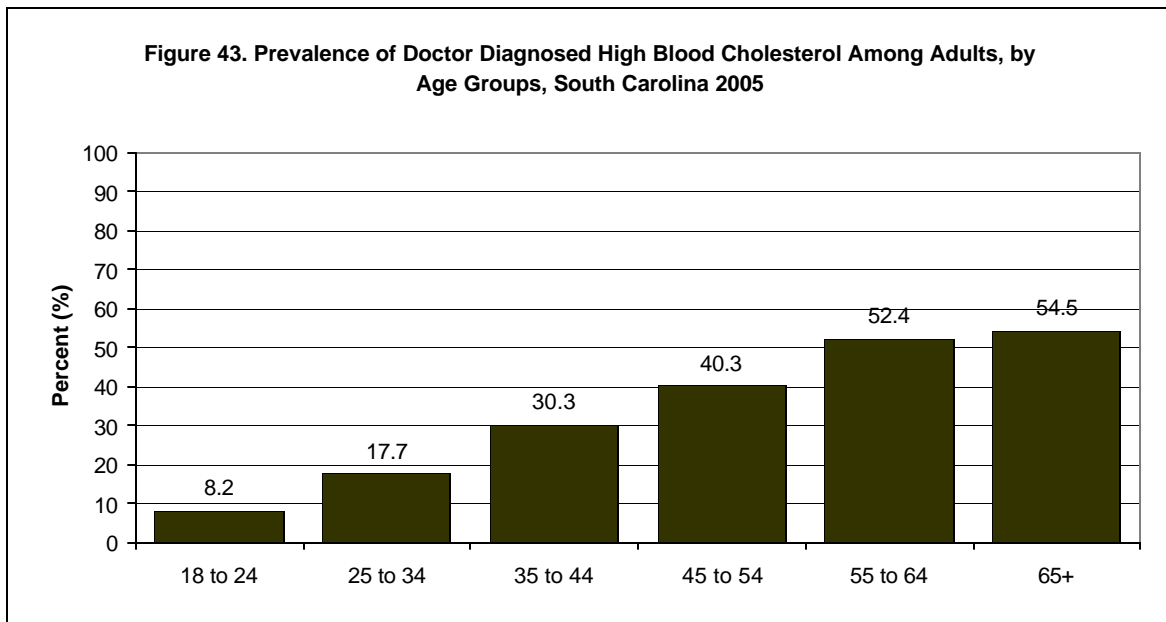
Additionally, those with a college education (89.8%) were more likely to have had their cholesterol checked than those with less than a high school education (78.1%).



Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high? ²

Among those who had blood cholesterol checked, 37.4% were told their blood cholesterol was high. Among those diagnosed with high blood cholesterol, the prevalence of high cholesterol increased with age. The prevalence of high cholesterol increased in the age groups “25-34” to those “55-64”. The results were: “25-34” (17.7%), “35-44” (30.3%), “45-54” (40.3%) and for those “55-64” (52.4%). Income was also associated with rates of high cholesterol. People with “less than \$15,000” household income (46.1%) had the highest risk of reporting high blood cholesterol.

² This question was asked only of respondents who reported having had their cholesterol checked.

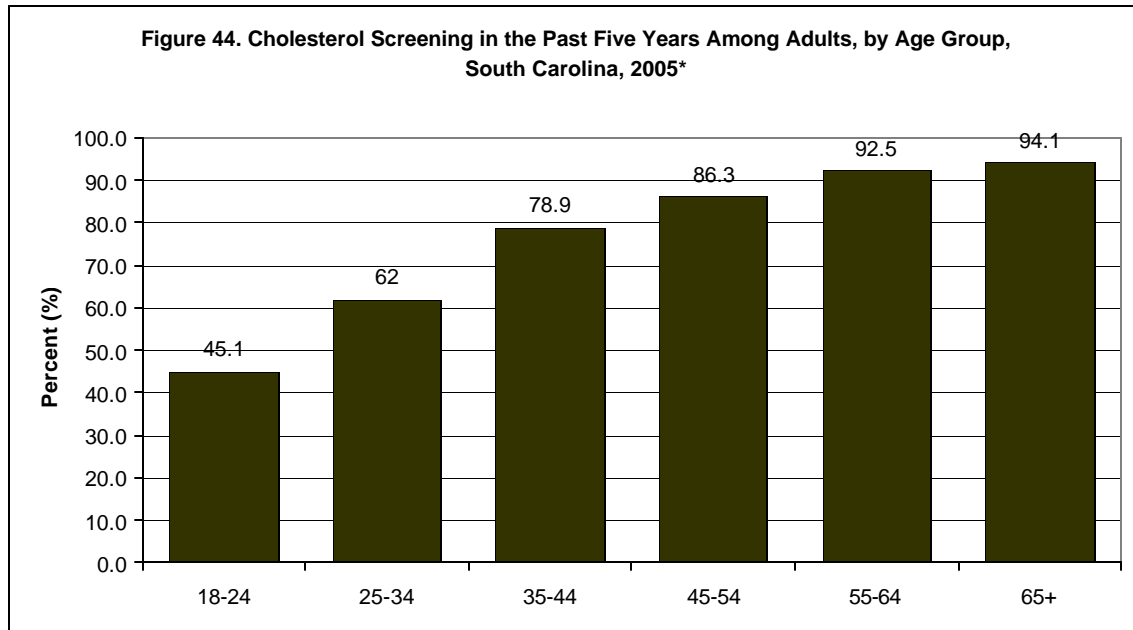


Healthy People 2010:

Objective 12.5: Cholesterol Screening Within the Past Five Years: Goal: 80%

Seventy-eight point four percent of South Carolina adults had had their cholesterol levels checked in the last five years. Prevalence of cholesterol checks in the last five years increased with increasing age. More respondents aged 18-24 (45.1%) had not checked their cholesterol in the last five years than any other age group.

Those with a college degree were more likely to have had their cholesterol checked in the last five years than any other educational attainment level (86.3%). And those earning \$25,000- \$34,999 per year were less likely to have had their cholesterol level checked in the last five years than those earning \$35,000- \$49,999 per year (68.3% and 82.8% respectively).



* Those who have never had their cholesterol checked are included in the denominator.

South Carolina and the Nation

The prevalence of high cholesterol among adults in both the nation and South Carolina have been increasing. The national median was 17% higher in 2005 than what it was in 2001. The prevalence of high cholesterol among adults in South Carolina was 33% higher in 2005 than it was in 2001. There is no significant difference between the national median and South Carolina prevalence for 2001, 2003, or 2005.

The prevalence of high blood pressure for both South Carolina and the Nation has remained stable since 2001 and there was no significant difference between the state mean and the national median.

Figure 45: Prevalence of High Cholesterol Among Adults, US and SC, BRFSS 2001-2005

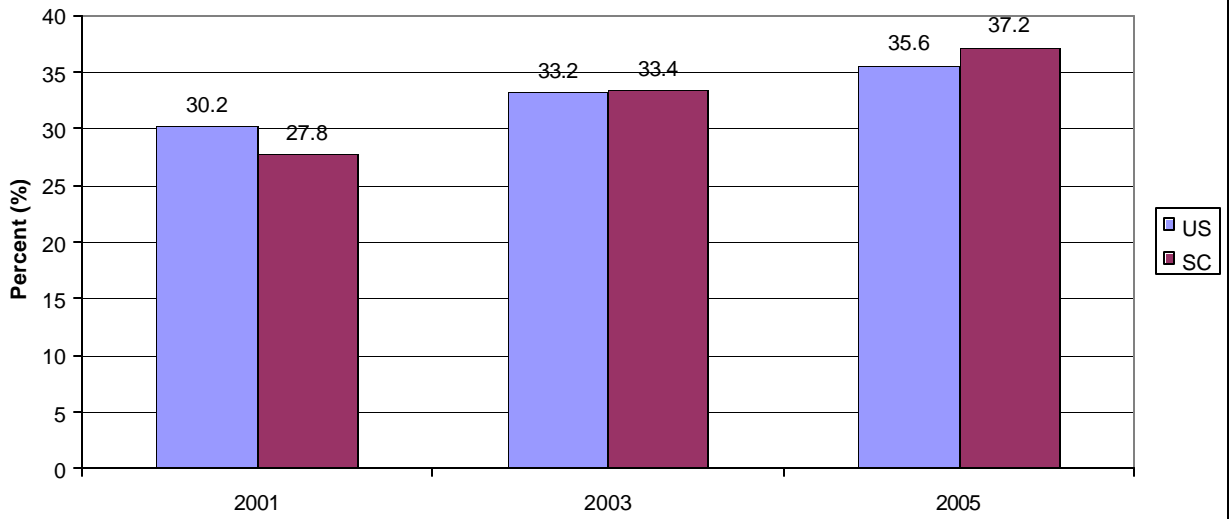
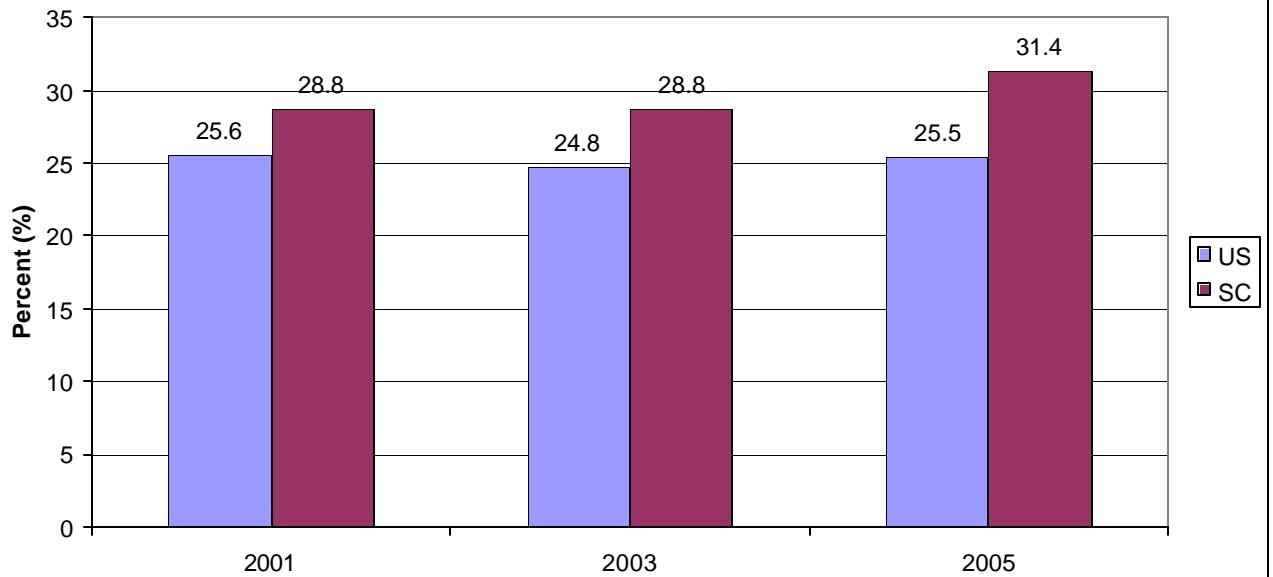


Figure 46: Prevalence of High Blood Pressure Among Adults, US and SC, BRFSS 2001-2005



South Carolina and the Southeast

South Carolina ranked fifth lowest among the 10 Southeastern States for the prevalence of high cholesterol among adult residents. The prevalence in the region ranged from Georgia (32.3%) to West Virginia (39.9%). Additionally, South Carolina ranked third highest for prevalence of high blood pressure among the adult population within the Southeastern Region. The prevalence of high blood pressure ranged from 26.5% in Georgia to 33.3% in Mississippi.

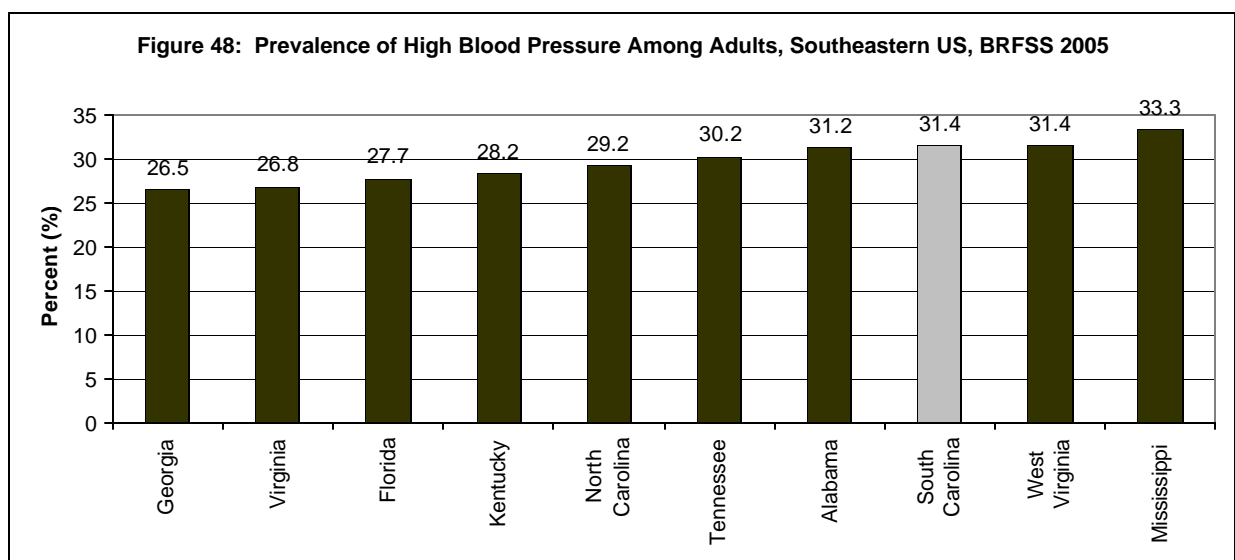
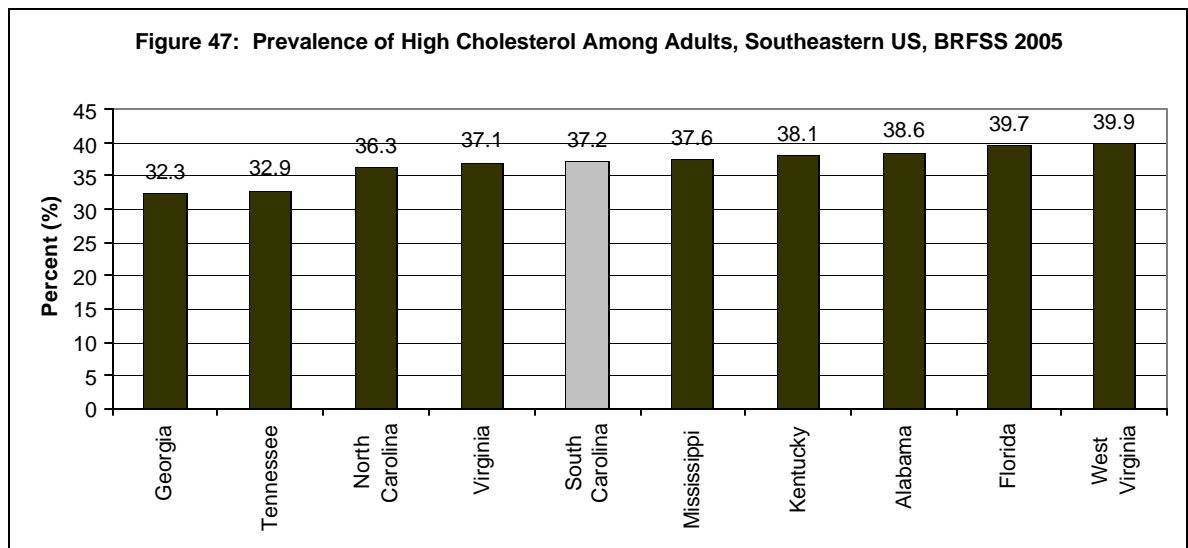


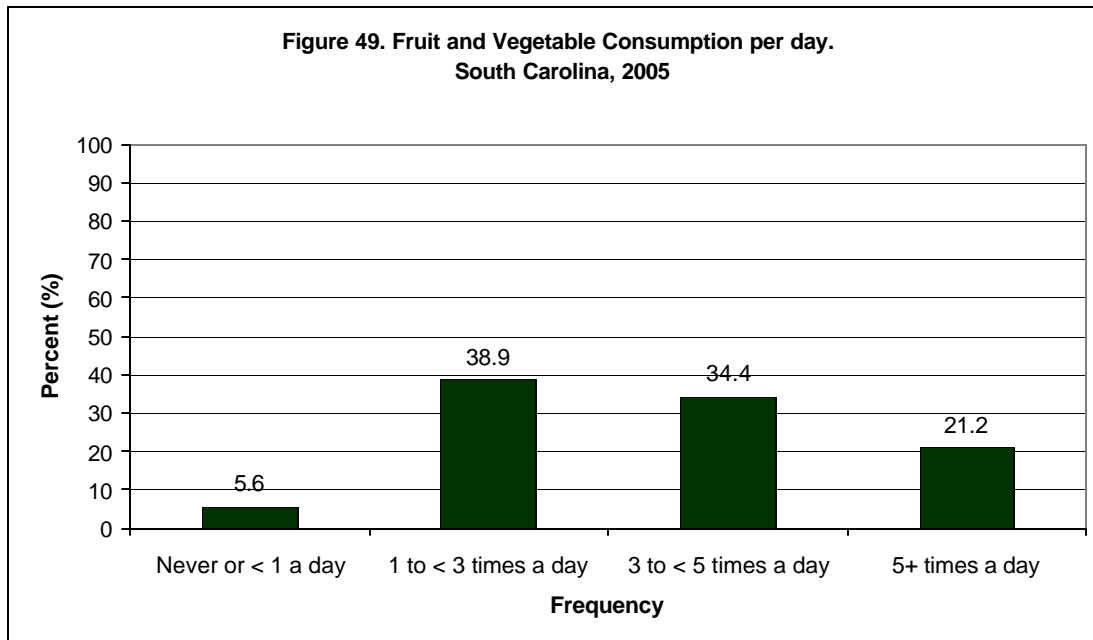
Table 14: Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high? South Carolina, 2003.*

	Total #	Yes			No		
	Respondents	N	%	C.I.(95%)	N	%	C.I.(95%)
TOTAL	7,208	2,996	37.2	35.8-38.5	4,212	62.8	61.5-64.2
GENDER							
Male	2,827	1,219	38.3	36.1-40.4	1,608	61.7	59.6-63.9
Female	4,381	1,777	36.2	34.6-37.8	2,604	63.8	62.2-65.4
RACE							
White	5,483	2,343	39.0	37.5-40.4	3,140	61.0	59.6-62.5
African American	1,500	580	34.0	31.1-37.0	920	66.0	63.0-68.9
Other	173	56	28.0	21.2-36.0	117	72.0	64.0-78.8
AGE							
18-24	179	14	8.2	4.2-15.3	165	91.8	84.7-95.8
25-34	712	131	17.7	14.9-21.0	581	82.3	79.0-85.1
35-44	1,236	356	30.3	27.4-33.3	880	69.7	66.7-72.6
45-54	1,506	603	40.3	37.5-43.1	903	59.7	56.9-62.5
55-64	1,534	804	52.4	49.6-55.1	730	47.6	44.9-50.4
65+	1,972	1,063	54.5	52.0-56.9	909	45.5	43.1-48.0
EDUCATION							
Less Than H.S.	933	476	46.1	42.1-50.2	457	53.9	49.8-57.9
H.S. or G.E.D.	2,195	959	39.1	36.6-41.7	1,236	60.9	58.3-63.4
Some Post-H.S.	1,826	729	34.8	32.3-37.4	1,097	65.2	62.6-67.7
College Graduate	2,234	822	33.4	31.3-35.7	1,412	66.6	64.3-68.7
HOUSEHOLD INCOME							
Less than \$15,000	819	425	46.2	41.4-50.9	394	53.8	49.1-58.6
\$15,000- \$24,999	1,075	450	36.9	33.5-40.5	625	63.1	59.5-66.5
\$25,000- \$34,999	821	350	35.8	32.1-39.7	471	64.2	60.3-67.9
\$35,000- \$49,999	1,083	436	36.1	32.9-39.5	647	63.9	60.5-67.1
\$50,000+	2,436	902	34.5	32.5-36.6	1,534	65.5	63.4-67.5

* This question was asked only if respondents reported having had cholesterol checked

Fruit and Vegetable Consumption Per Day

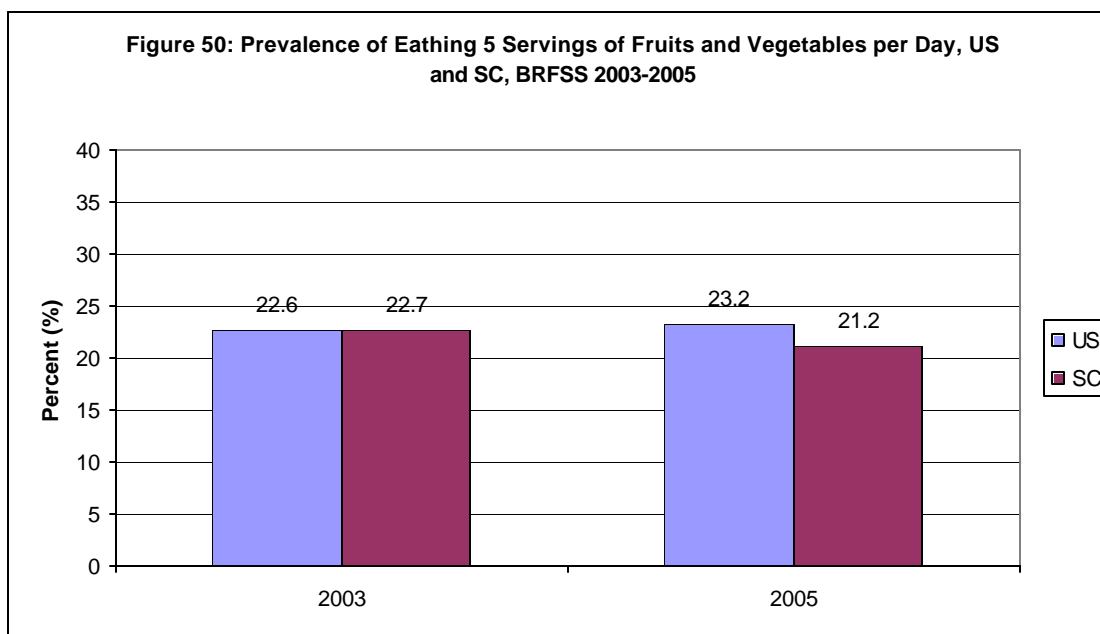
In 2005, 21.2% of respondents reported consuming fruit and vegetables five or more times a day.



Females were more likely (24.1%) to consume fruits and vegetables five or more times a day than males (18.0%). More college graduates (25.9%) consumed five or more servings of fruits or vegetables a day than people with less than a high school education (13.9%).

South Carolina and the Nation

In 2005, there was no significant difference between the national median and the South Carolina average in the prevalence of adults who eat five servings of fruits and vegetables per day. The trend was the same in 2003.



South Carolina and the Southeast

Among the Southeastern state region, South Carolina ranked fifth lowest in the prevalence among adults of eating 5 servings of fruits or vegetables a day. The prevalence of eating the recommended amount of fruits and vegetables per day ranged from a low of 16.5% in Mississippi, to a high of 26.5% in Tennessee.

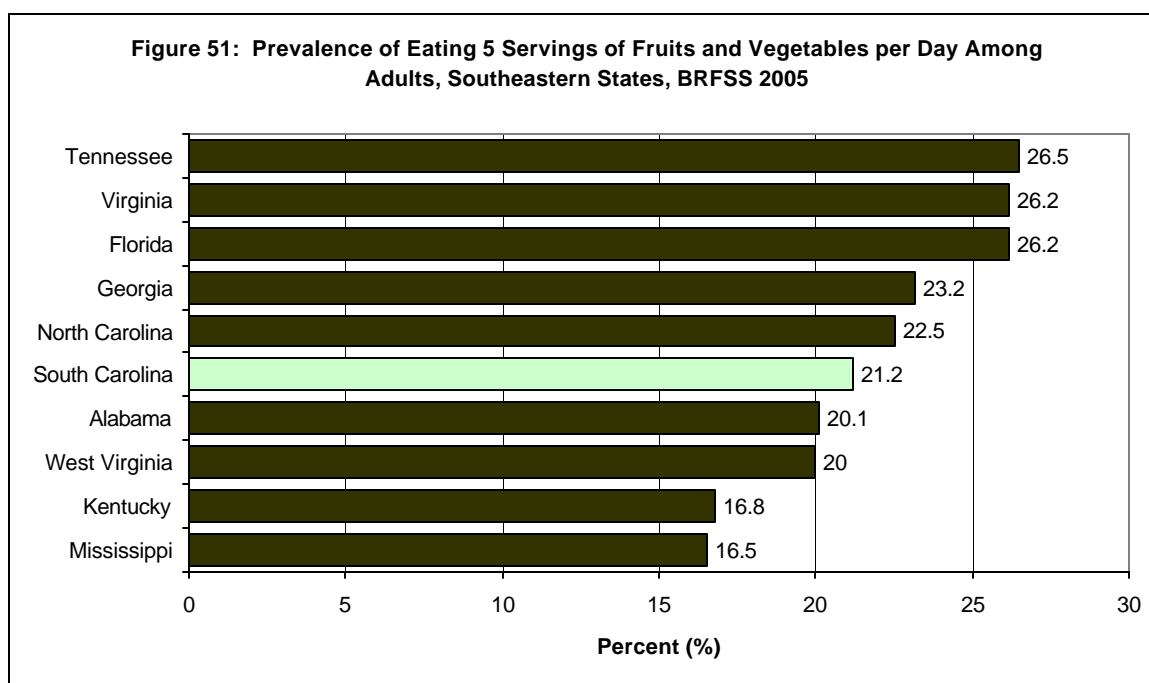


Table 15: Fruit and Vegetable Consumption per Day*

	Total #	less than 1/day or never			Once or twice per day			3 to 4 times per day			5 or more times per day		
	Respondents	N	%	C.I.(95%)	N	%	C.I.(95%)	N	%	C.I.(95%)	N	%	C.I.(95%)
TOTAL	8,289	413	5.6	4.9- 6.3	3,093	38.9	37.6-40.2	2,958	34.4	33.1-35.6	1,825	21.2	20.1-22.3
GENDER													
Male	3,254	206	7.0	5.9- 8.3	1,376	43.4	41.3-45.5	1,087	31.6	29.7-33.6	585	18.0	16.4-19.7
Female	5,035	207	4.2	3.6- 5.0	1,717	34.8	33.3-36.4	1,871	36.8	35.3-38.5	1,240	24.1	22.7-25.5
RACE													
White	6,261	249	4.2	3.6- 4.9	2,281	37.6	36.2-39.1	2,341	36.7	35.3-38.1	1,390	21.5	20.3-22.7
African American	1,769	149	8.6	7.0-10.6	712	42.1	39.1-45.2	541	29.7	27.0-32.5	367	19.6	17.3-22.1
Other	200	8	5.8	2.6-12.4	75.0	38.8	30.7-47.5	64	29.0	22.1-37.2	53	26.4	19.2-34.9
AGE													
18-24	397	36	9.3	6.4-13.2	146	36.2	31.0-41.8	130	32.9	27.9-38.3	85	21.7	17.4-26.6
25-34	1,006	61	6.0	4.5- 7.8	408	42.1	38.6-45.5	324	30.3	27.3-33.5	213	21.7	18.9-24.8
35-44	1,459	94	6.2	5.0- 7.7	605	43.2	40.3-46.0	525	34.4	31.8-37.2	235	16.2	14.2-18.5
45-54	1,661	67	4.3	3.3- 5.7	638	40.5	37.8-43.2	577	34.1	31.6-36.7	379	21.1	19.0-23.3
55-64	1,616	80	4.8	3.8- 6.1	601	37.6	35.1-40.3	573	35.5	32.9-38.1	362	22.1	19.9-24.4
65+	2,078	73	3.5	2.7- 4.5	668	32.8	30.5-35.1	813	39.4	37.1-41.8	524	24.3	22.4-26.4
EDUCATION													
Less Than H.S.	1,119	121	11.4	9.2-14.0	480	44.6	40.8-48.5	346	30.1	26.8-33.5	172	13.9	11.7-16.5
H.S. or G.E.D.	2,622	161	7.2	5.9- 8.8	1,105	43.4	41.0-45.9	858	31.3	29.1-33.7	498	18.1	16.3-20.1
Some Post-H.S.	2,084	71	3.8	2.9- 5.1	773	38.3	35.7-40.9	762	34.4	31.9-36.9	478	23.5	21.2-26.0
College Graduate	2,442	57	2.5	1.9- 3.4	727	31.4	29.3-33.6	987	40.1	37.8-42.4	671	25.9	24.0-28.0
HOUSEHOLD INCOME													
Less than \$15,000	1,003	100	10.5	8.3-13.2	424	42.5	38.2-46.8	283	30.4	26.3-34.7	196	16.7	14.1-19.5
\$15,000- \$24,999	1,304	86	8.2	6.3-10.6	510	41.0	37.6-44.5	436	31.2	28.1-34.5	272	19.6	17.0-22.6
\$25,000- \$34,999	969	54	5.5	4.0- 7.4	394	43.3	39.4-47.3	331	32.8	29.2-36.5	190	18.5	15.7-21.7
\$35,000- \$49,999	1,226	38	3.3	2.3- 4.7	455	39.7	36.4-43.0	479	36.5	33.4-39.7	254	20.6	17.9-23.6
\$50,000+	2,673	67	3.0	2.2- 4.0	918	35.3	33.3-37.5	1,033	37.5	35.4-39.6	655	24.2	22.3-26.1

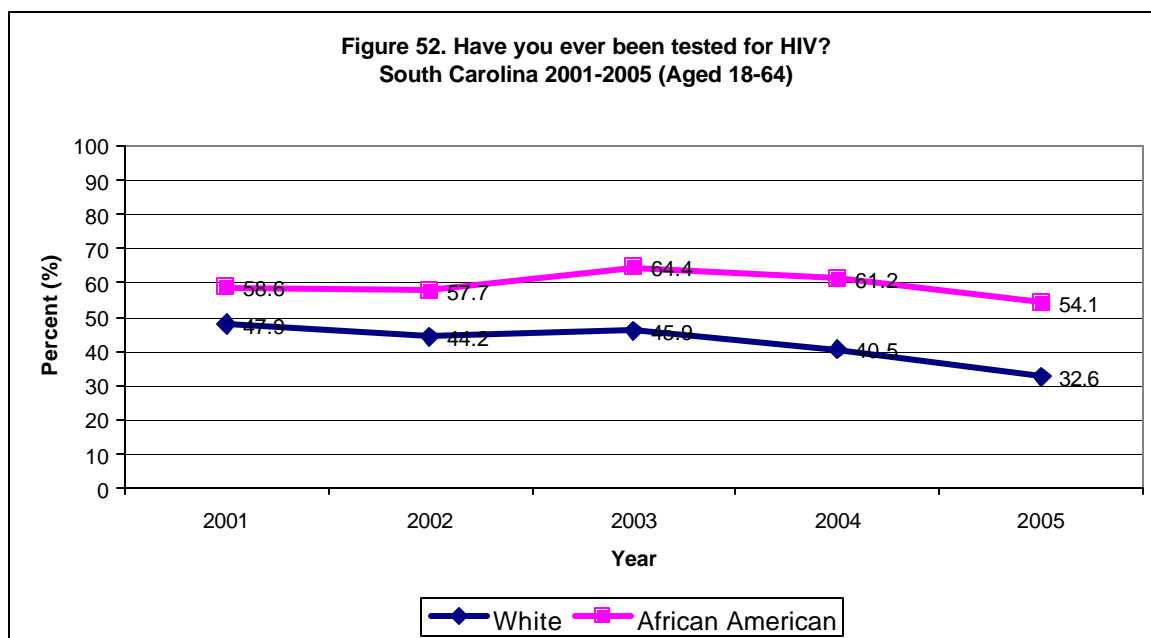
* Data in this table was derived from the fruits and vegetables questions.

HIV/AIDS

(These questions were asked only of respondents who reported being younger than 65)

Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation. [Include saliva tests.]¹

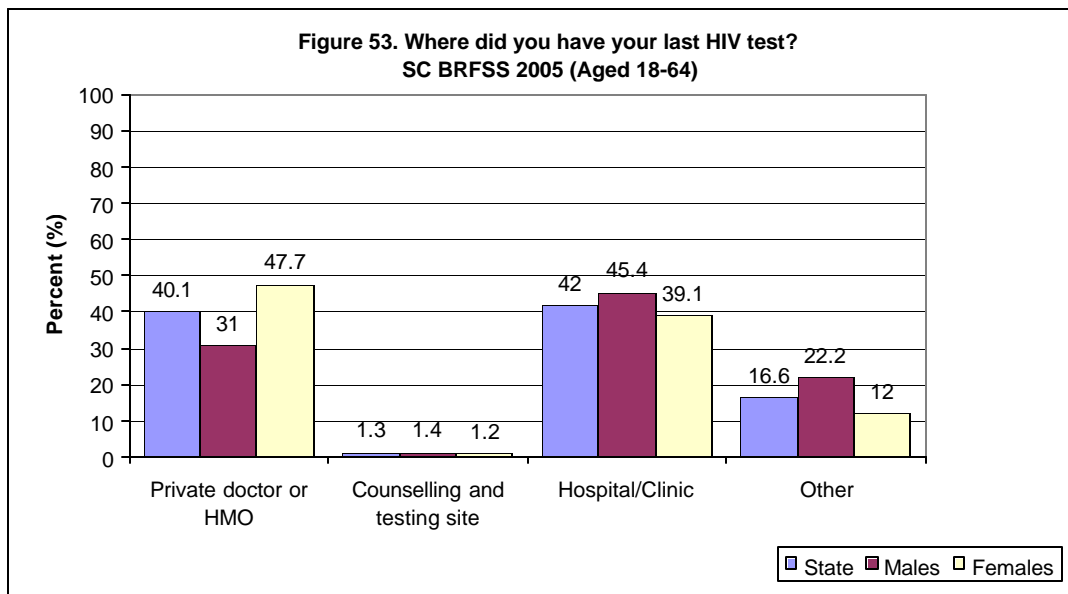
Among the 5936 respondents for this question, 38.9% have been tested for HIV without counting the tests completed as part of a blood donation, but included saliva tests. There was a significant difference in the proportion of African-Americans and Caucasians who had been tested for HIV. African-Americans were more likely to have been tested for HIV than Caucasians (54.1% versus 32.6%).



The age groups '18-24' years old are more likely than older age groups to have ever been tested for HIV. The prevalence rate for the 18-24 age group was higher (39.1%) than the rate for those '55-64' (18.7%). There was a significant decrease among the Caucasian and African-American subgroups and the overall State average testing prevalence rates between 2004 and 2005.

¹ Asked of those less than 65 year of age who believed medical treatments were available for HIV.

Where did you have your last HIV test? ²



Hospital and clinic were placed under the same heading. Jail, home and somewhere else were placed under the Other group. More people in 2005 were having HIV tests down within a hospital or clinic than any other avenues.

² Asked only of those who reported having had an HIV/AIDS test.

Table 16: Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation.[Include saliva tests.]³

	Total #		Yes		No		
	Respondents	N	%	C.I.(95%)	N	%	C.I.(95%)
TOTAL	5,936	2,134	38.9	37.4-40.5	3,802	61.1	59.5-62.6
GENDER							
Male	2,368	796	36.1	33.7-38.6	1,572	63.9	61.4-66.3
Female	3,568	1,338	41.6	39.6-43.6	2,230	58.4	56.4-60.4
RACE							
White	4,377	1,374	32.6	31.0-34.2	3,003	67.4	65.8-69.0
African American	1,365	691	54.1	50.6-57.5	674	45.9	42.5-49.4
Other	160	56	36.2	27.2-46.2	104	63.8	53.8-72.8
AGE							
18-24	382	152	39.1	33.7-44.8	230	60.9	55.2-66.3
25-34	966	549	57.3	53.8-60.8	417	42.7	39.2-46.2
35-44	1,401	644	45.8	42.9-48.8	757	54.2	51.2-57.1
45-54	1,592	487	29.7	27.2-32.3	1,105	70.3	67.7-72.8
55-64	1,531	284	18.7	16.6-21.0	1,247	81.3	79.0-83.4
EDUCATION							
Less Than H.S.	548	181	36.4	31.2-42.1	367	63.6	57.9-68.8
H.S. or G.E.D.	1,869	646	38.3	35.5-41.1	1,223	61.7	58.9-64.5
Some Post-H.S.	1,606	604	40.9	37.9-43.9	1,002	59.1	56.1-62.1
College Graduate	1,903	701	38.7	36.1-41.3	1,202	61.3	58.7-63.9
HOUSEHOLD INCOME							
Less than \$15,000	589	272	49.5	43.8-55.2	317	50.5	44.8-56.2
\$15,000- \$24,999	853	352	44.4	40.2-48.7	501	55.6	51.3-59.8
\$25,000- \$34,999	689	262	45.6	40.9-50.3	427	54.4	49.7-59.1
\$35,000- \$49,999	952	344	39.9	36.2-43.8	608	60.1	56.2-63.8
\$50,000+	2,279	752	34.2	31.9-36.4	1,527	65.8	63.6-68.1

³ Asked of respondents 18- 64 years of age

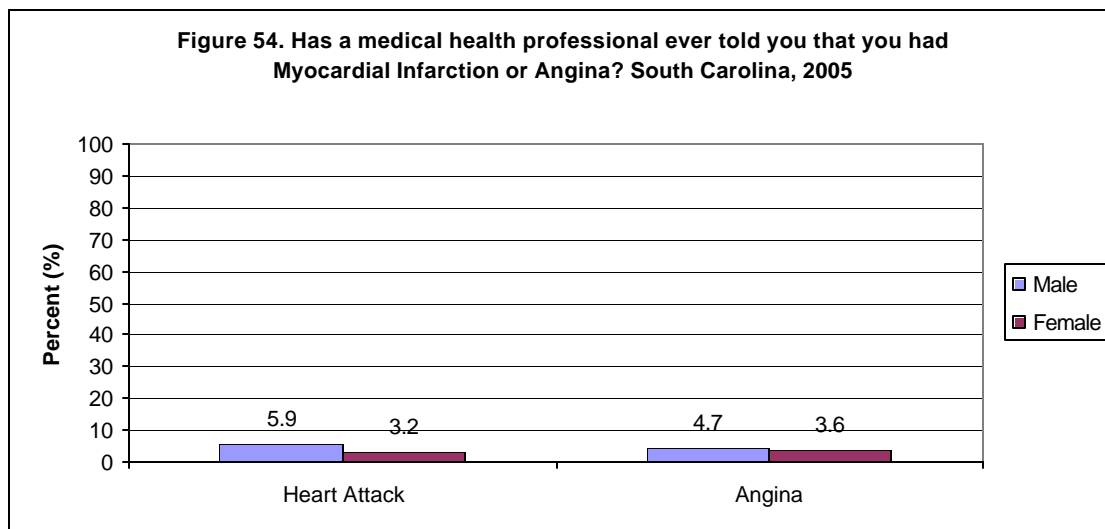
HIV Risk Factors: People Aged Less Than 65 Years Ever Participating in High-Risk Behavior

Approximately 3.8% of South Carolina adults between the ages of 18 and 64 self-reported participating in high-risk behavior. More African-Americans reported being engaged in a high-risk behavior than Caucasians (6.5% versus 2.7%). There was no difference between genders. However, there was a slight difference in the socioeconomic groups. Those with less than a high school education (8.2%) were significantly more likely to have participated in a high-risk behavior than college graduates (1.5%). Likewise, those that had a household income of less than \$15,000 per year (7.6%) were more likely to have participated in a high-risk behavior than those earning a household income of greater than \$50,000 per year (2.1%).

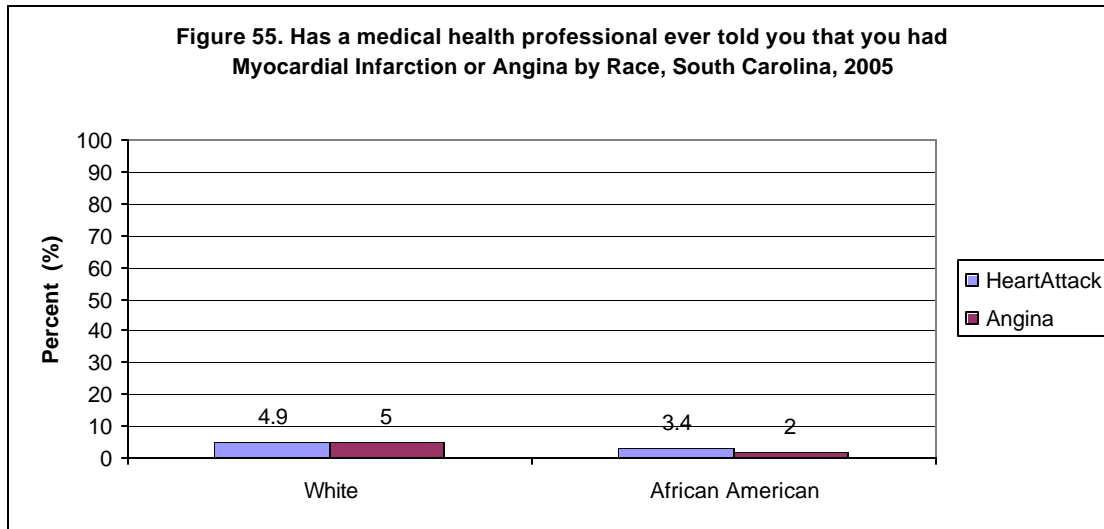
Cardiovascular Disease

Heart attack and Angina: (Has a doctor, nurse, or other health professional ever told you that you had any of the following? 1. A heart attack, also called a myocardial infarction 2. Angina or coronary heart disease)

Four point five percent of adult respondents said they had a diagnosed heart attack. Additionally, 4.1% reported that they had diagnosed angina or coronary heart disease that was an increase in prevalence from 2003; this was marginally different from 2004.



The risk of myocardial infarctions increased with age (negligible for the 18-24 age group to 12.3% for the 65+ age group). This pattern was consistent with that for angina or coronary heart disease. Those with less than a high school education were more likely than other education and income groups to have had both angina or coronary heart disease and myocardial infarctions.



Stroke: (Has a doctor, nurse or other health professional ever told you that you had any of the following? A stroke)

Three percent of South Carolina adults reported an occurrence of stroke. Those with less than a high school education had a higher prevalence of having had a stroke than any other education group. Approximately 35.6% of people who had suffered a myocardial infarction had attended rehabilitation. Of those who have had a stroke, 33.9% had attended rehabilitation.

Aspirin: (Do you take aspirin daily or every other day?)¹

Twenty eight point eight percent of respondents said they were taking aspirin. This was significantly lower than 2004. More males (31.8%) were on an aspirin regimen than females (26.0%) and as age increased from '35-44' to '65+', this percentage rose from 11.8% to 56.4%. Approximately, 10.7% of those who did not take aspirin regularly said it was because of a health condition precluding them taking it.

¹ This question was only asked of those respondents 35 years or older.

Secondhand Smoke Policy

While working at your job, are you indoors most of the time?*

Approximately 81.1% of eligible respondents to this question worked indoors. Men were more likely (69.4%) to work indoors than women (94.8%). There was no difference by race or age. Those with a college education were more likely to work indoors (88.2%) than those with less than a high school education (67.9%).

Which of the following best describes your place of work official smoking policy for work areas?***

Eighty point three percent of the 3671 respondents eligible for this question reported that smoking was not allowed anywhere in the work areas at their place of employment. An additional 12.7% reported it was allowed in some areas, 1.9% reported it was allowed in all areas and 5.1% reported no official policy about smoking in the work areas at their place of employment.

More females (84.3%) reported that it was not allowed anywhere in the work areas at their place of employment than males (75.6%). Those over the age of 65 (84.0%) were more likely to report no smoking in the work areas than those 18-24 (65.1%). Likewise, those earning a household income over \$50,000 per year and those with a college education (87.3% and 90.6% respectively) were more likely to report that smoking was not allowed in any work areas at their employment than those earning less than \$15,000 per year and those with less than a high school education (60.2% and 62.0% respectively).

Which of the following best describes your place of work official smoking policy for indoor public or common areas, such as lobbies, rest rooms, and lunchrooms?***

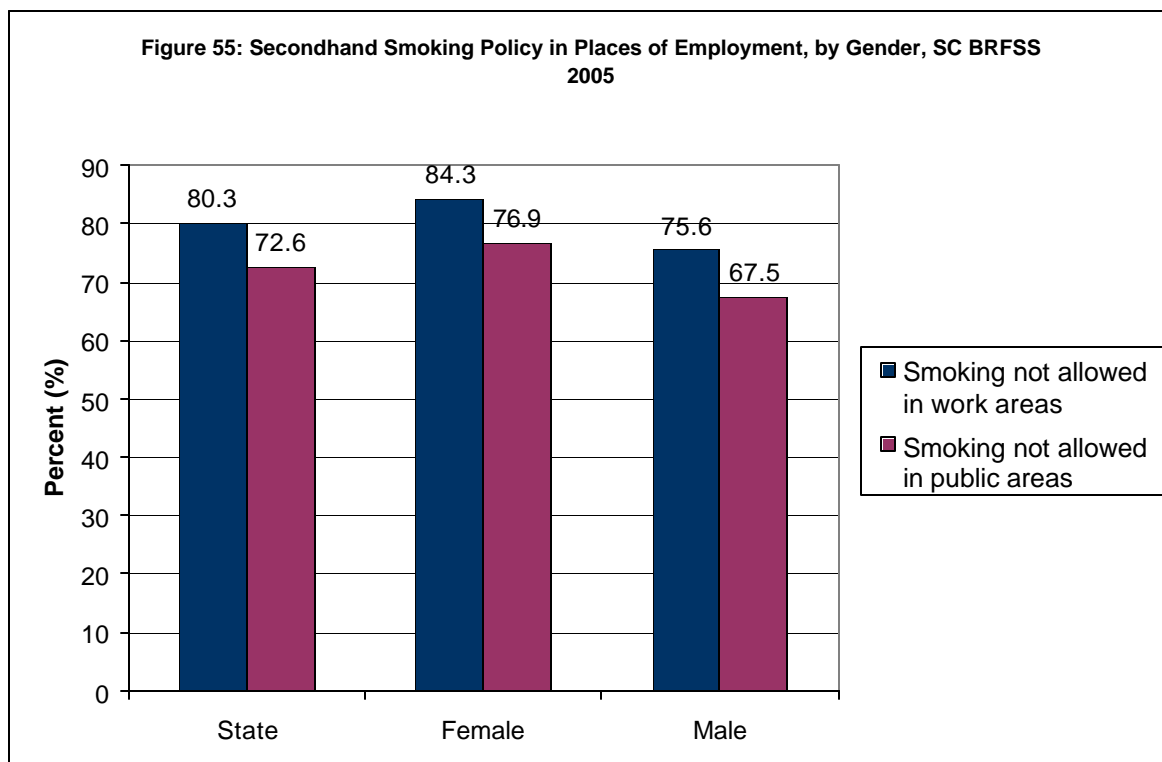
Most eligible respondents for this question (72.6%) reported that smoking was not allowed anywhere in the public areas at their place of employment; 19.5% reported it was

* This question was only asked of respondents who reported they were employed or self-employed at the time.

*** This question was asked of respondents who reported working in indoors most of the time.

allowed in some areas; 1.5% reported it was allowed in all areas. An additional 6.4% reported that there was no official policy for smoking in the public areas at their work.

More females than males (76.9% versus 67.5%) reported that smoking was not allowed anywhere in their place of employment. More Caucasians, college graduates and those earning over \$50,000 per year (75.5%, 84.9% and 81.8% respectively) reported that their work had a policy against smoking in the public areas than did African Americans, respondents with less than a high school education and those who earned less than \$15,000 per year (66.0%, 54.3%, and 49.3% respectively.)



Disability

Are you limited in any way in any activities because of physical, mental, or emotional problems?

In the state of South Carolina in 2005, 19.2% of adults reported that they were limited in activities because of physical, mental or emotional problems. The prevalence of limitation increased with age. Those respondents that were between the ages of 18 and 24 (8.3%) were less likely to be limited in activities than those respondents aged 65 or older (31.2%). There were also differences between education levels and household income levels. College graduates (14.2%) and those that earned a household income of more than \$50,000 (12.4%) were less likely to be limited in activities than those with less than a high school education (29.8%) and those that earned a household income less than \$15,000 per year (39.4%).

The national median prevalence of disability among adults in 2005 was 18.6%

Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone? Include occasional use or use in certain circumstances

Seven point four percent of respondents had a health problem that required them to use special equipment. African-Americans (8.7%), those who earned a household income of less than \$15,000 per year (18.8%) and those with less than a high school education (15.8%) were more likely to use special equipment than Caucasians (6.7%), those who earned more than \$50,000 per year (2.4%) and those who had a college education (4.4%) respectively.

Combination of these two questions resulted in a prevalence of disability of 20.9% among adults in South Carolina in 2005.

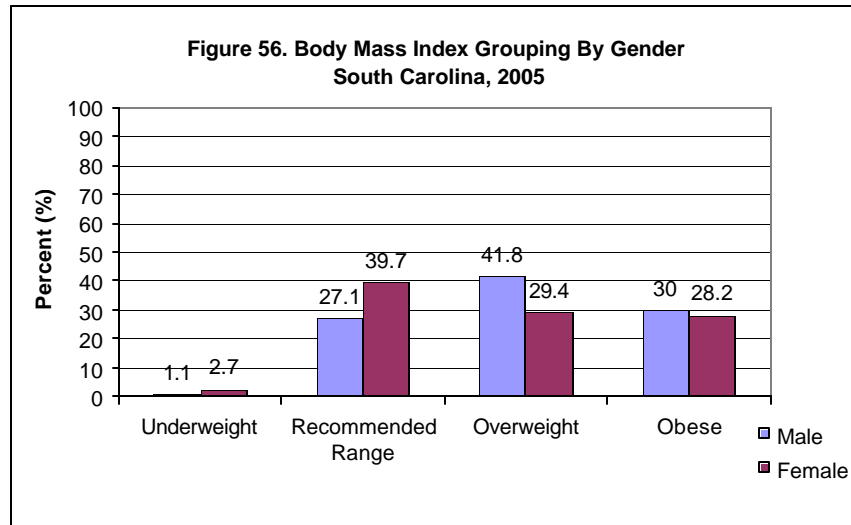
Weight Control

Body Mass Index Grouping-Underweight, Recommended Range, Overweight and Obese¹

Healthy People 2010:

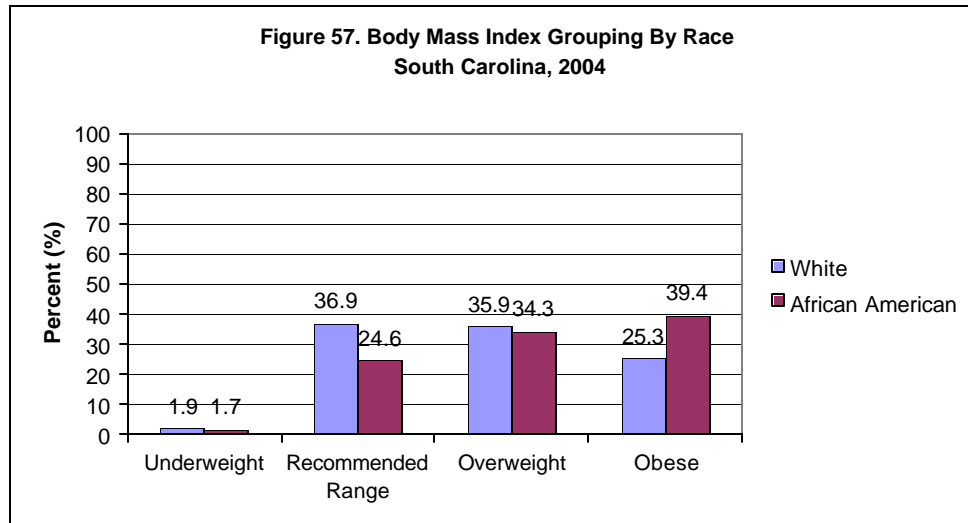
Objective 19.2: Obese, BMI ³ 30, Ages ³20: Goal: 15%

Approximately 29.1% of respondents were obese and 35.5% were considered overweight. A predominant proportion (66.5%) of respondents had a weight problem; that is, they were overweight, obese or underweight. More males were observed to be overweight (41.8%) than females (29.4%). Females are more likely (39.7%) to be of recommended BMI range than males (27.1%).

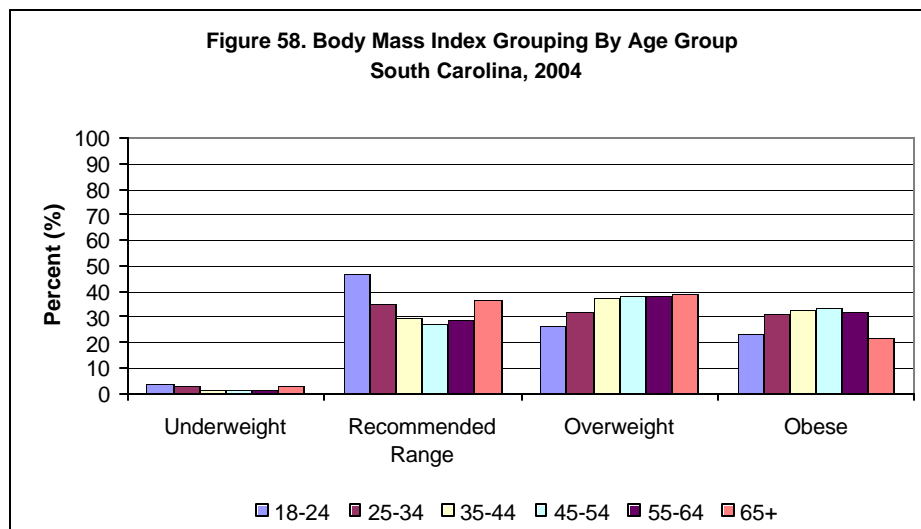


Caucasians were more likely (36.9%) to be in the recommended BMI range than African-Americans (24.6%); African-Americans (39.4%) were more likely to be obese than Caucasians (25.3%).

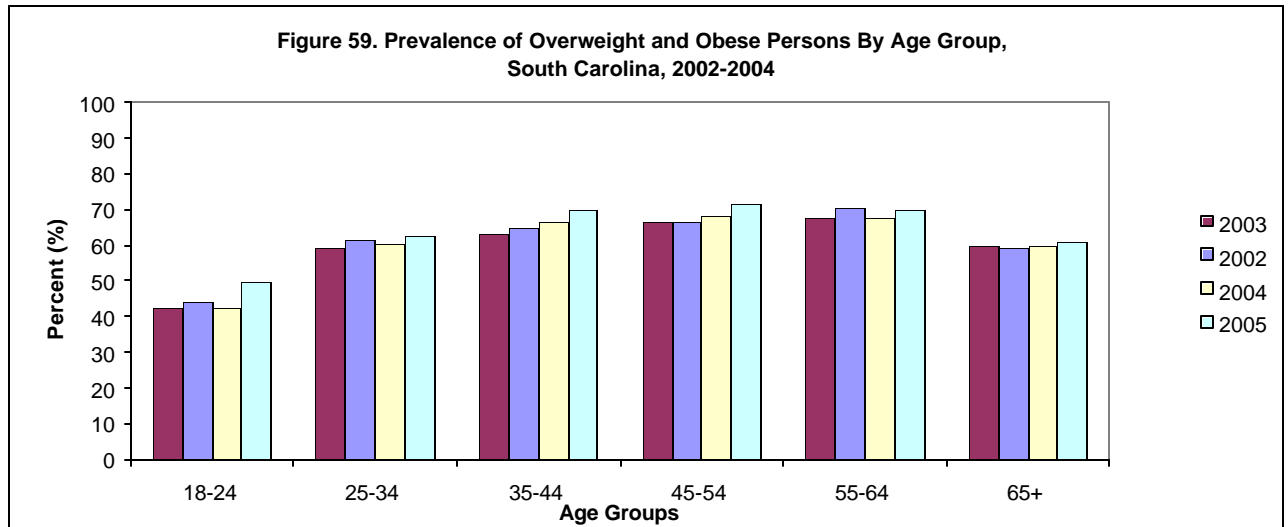
¹ Body mass index is computed as weight in kilograms divided by height in meters squared: (kg/m²). BMI is an intermediate variable used in calculating these measures. Underweight=BMI less than 18.5, Recommended Range=BMI 18.5 to 24.9, Overweight=BMI 25.0 to 29.9 and Obese= BMI greater than 29.9.



Caucasians and African-Americans were both equally likely to be overweight. Respondents aged 18-24 years were more likely (46.8%) to be in the recommended range of body mass index than any other age group.



The prevalence of obesity decreased with advances in education (from 33.1% for persons with less than high school education to 22.2% for college graduates) and increases in annual household incomes (from 37.0% for households with less than \$15,000 to 25.2% for households with more than or equal to \$50,000). Males were more likely (71.8%) than females (57.6%) to be overweight or obese.



African-Americans were more likely (73.8%) than Caucasians (61.2%) to be overweight or obese. The least likely age group to be overweight or obese was the 18-24 years age group (49.6%). This pattern was consistent with the observation of 2002, 2003 and 2004.

In the past 12 months, has a doctor, nurse or other health professional given you advice about your weight?

Approximately 80.1% of people had received no advice about their weight. Men (82.7%) more than women (77.6%) had received no doctor advice about their weight. More Caucasians (81.9%) than African Americans (75.2%) had received no medical advice about their weight.

Are you now trying to lose weight?

Forty-five point seven percent of South Carolina adults reported they were trying to lose weight in 2005. More females than males (52.3% versus 38.5%) reported that they were trying to lose weight.

Are you now trying to maintain your current weight, that is, to keep from gaining weight? *

Of those adult respondents in South Carolina who reported that they were not trying to lose weight, 65% were trying to maintain their weight.

Are you eating either fewer calories or less fat to lose weight or keep from gaining weight? **

Of those adults who reported trying to maintain or lose weight, 20.9% are ingesting fewer calories, 26.2% less fat and 31.6% a combination of fewer calories and less fat.

Are you using physical activity or exercise to lose weight or keep from gaining weight?

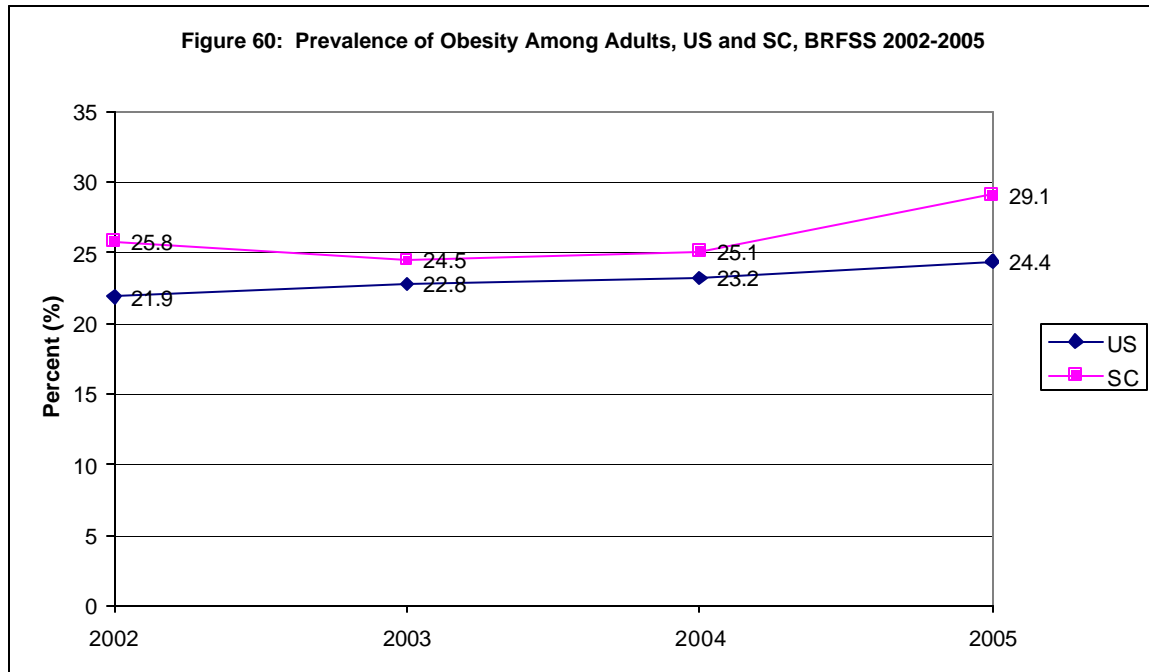
Approximately 68.4% of those adults who reported trying to lose weight or maintain weight on the 2005 SC BRFSS questionnaire used physical activity to help keep from gaining weight.

South Carolina and the Nation

The prevalence of obesity has been increasing in the nation and in South Carolina since 2002. In 2005, South Carolina had a higher prevalence of obesity than the national median.

* Asked of those respondents who reported that they were not trying to lose weight.

** Asked of those respondents who reported trying to lose weight or to maintain weight.



South Carolina and the Southeast

South Carolina ranked third highest among the Southeastern State region for prevalence of adult obesity. The prevalence of obesity in the region ranged from 22.8% in Florida to 30.9% in Mississippi.

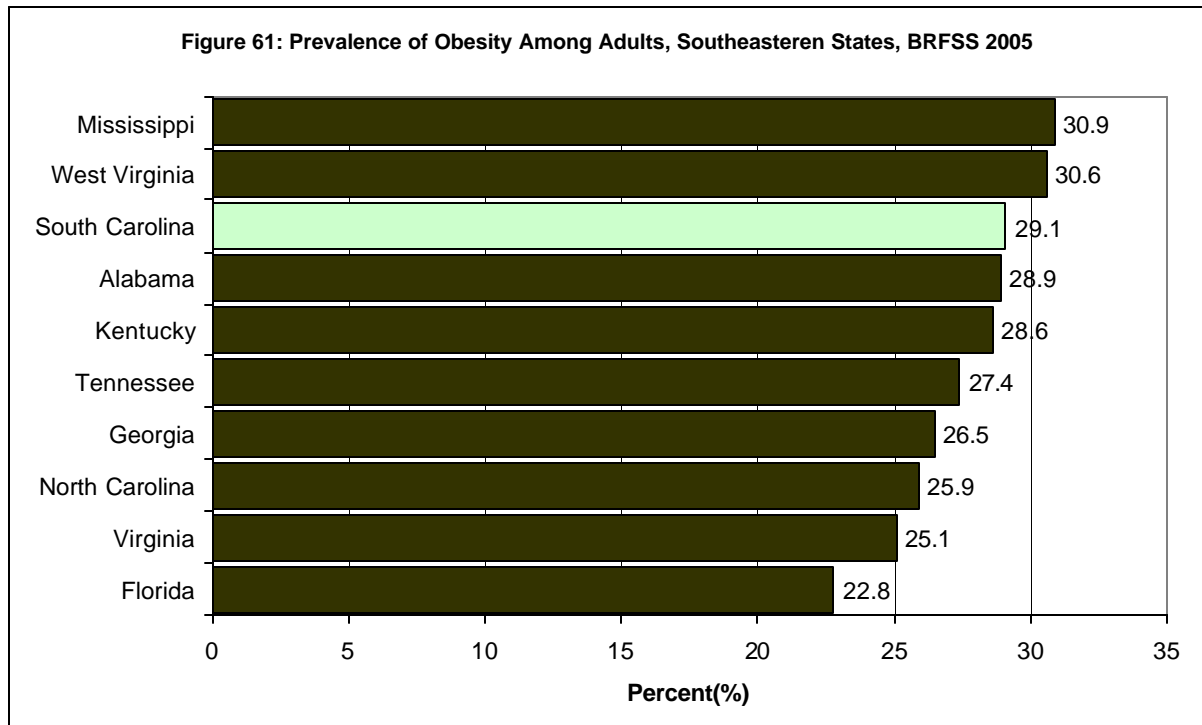


Table 17: Prevalence of Weight Classes Among Adults, by Selected Demographics, SC BRFSS 2005

	Total #	Underweight			Recommended Range			Overweight			Obese		
	Respondents	N	%	C.I.(95%)	N	%	C.I.(95%)	N	%	C.I.(95%)	N	%	C.I.(95%)
TOTAL	8,138	151	1.9	1.6- 2.4	2,750	33.5	32.2-34.8	2,944	35.5	34.2-36.8	2,293	29.1	27.8-30.3
GENDER													
Male	3,289	31	1.1	0.8- 1.7	837	27.1	25.1-29.1	1,475	41.8	39.7-43.9	946	30.0	28.0-32.0
Female	4,849	120	2.7	2.2- 3.4	1,913	39.7	38.1-41.4	1,469	29.4	27.9-30.9	1,347	28.2	26.7-29.8
RACE													
White	6,167	116	1.9	1.6- 2.4	2,272	36.9	35.5-38.3	2,258	35.9	34.5-37.3	1,521	25.3	24.0-26.6
African American	1,725	28	1.7	1.1- 2.7	385	24.6	21.8-27.5	600	34.3	31.5-37.3	712	39.4	36.5-42.4
Other	196	6	3.9	1.4-10.0	78	38.7	30.8-47.3	67	34.7	26.8-43.6	45	22.7	15.9-31.4
AGE													
18-24	388	17	3.6	2.1- 6.0	183	46.8	41.2-52.4	103	26.6	22.0-31.8	85	23.0	18.4-28.3
25-34	1,003	25	2.6	1.7- 4.1	382	34.8	31.6-38.1	302	31.9	28.7-35.3	294	30.7	27.5-34.0
35-44	1,445	21	1	0.6- 1.6	454	29.3	26.8-31.9	526	37.0	34.2-39.8	444	32.7	30.0-35.6
45-54	1,630	19	1	0.7- 1.7	471	27.4	25.0-29.9	611	38.5	35.8-41.2	529	33.1	30.5-35.8
55-64	1,581	17	1.2	0.7- 2.0	463	29.1	26.7-31.7	595	37.9	35.3-40.6	506	31.8	29.3-34.4
65+	2,033	52	2.5	1.9- 3.4	770	36.7	34.4-39.0	784	38.9	36.6-41.3	427	21.9	19.9-24.0
EDUCATION													
Less Than H.S.	1,077	40	3.9	2.7- 5.5	325	32.0	28.2-36.1	360	31.1	27.8-34.5	352	33.1	29.6-36.7
H.S. or G.E.D.	2,596	42	1.6	1.1- 2.4	793	29.2	27.0-31.4	954	36.3	34.0-38.7	807	33.0	30.6-35.4
Some Post-H.S.	2,043	29	1.8	1.1- 2.8	682	34.0	31.5-36.7	723	34.8	32.3-37.4	609	29.4	27.0-31.8
College Graduate	2,405	40	1.6	1.1- 2.4	943	39.0	36.8-41.3	902	37.2	35.0-39.4	520	22.2	20.2-24.2
HOUSEHOLD INCOME													
Less than \$15,000	982	33	3.3	2.2- 5.0	291	28.1	24.2-32.2	321	31.6	27.8-35.6	337	37.0	32.8-41.4
\$15,000- \$24,999	1,304	21	2	1.1- 3.4	428	32.3	29.1-35.7	448	33.2	30.0-36.6	407	32.5	29.2-36.0
\$25,000- \$34,999	956	15	1.5	0.8- 2.6	324	34.2	30.6-38.1	329	35.5	31.8-39.4	288	28.8	25.5-32.4
\$35,000- \$49,999	1,210	17	1.5	0.8- 2.6	363	28.8	25.9-31.8	468	38.5	35.3-41.8	362	31.3	28.2-34.5
\$50,000+	2,649	36	1.4	0.9- 2.1	948	35.6	33.5-37.8	1,031	37.8	35.7-39.9	634	25.2	23.3-27.2

Epilepsy and Seizure

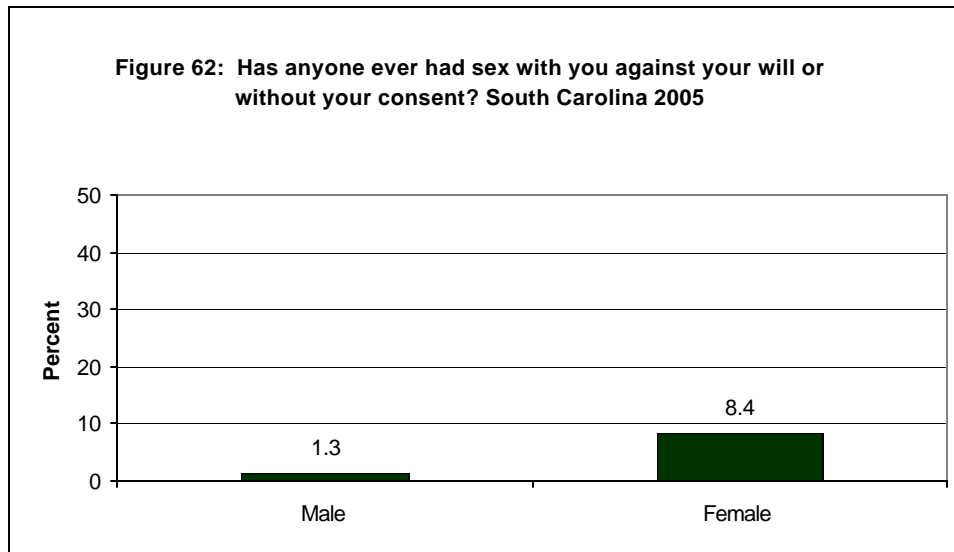
Have you ever been told by a doctor that you have seizure disorder or epilepsy?

Approximately 1.7% of South Carolina adults reported that they had been told they had a seizure disorder or epilepsy.

Sexual and Physical Violence

Has anyone ever had sex with you against your will or without your consent? This would include situations where verbal threats, coercion, physical force, or a weapon was used or you were not able to give consent for some reason¹

About 5.0% of adult South Carolinians reported ever having sex against their will. Females reported ever having sex against their will more than males (8.4% versus 1.3%).



Has anyone ever attempted to have sex with you against your will or without your consent, but intercourse/penetration did not occur? Again, this would include situations where verbal threats, coercion, physical force, or a weapon was used, or you were not able to give consent for some reason.

Approximately 7.2% of adults reported yes. As with the first question in this section, females reported yes more often than males (11.0% versus 3.2%).

¹ Includes vaginal, anal, and oral sex, as well as the insertion of fingers or any other type of object into the vagina or anus of a person

In the past 12 months, has anyone exposed you to unwanted sexual situations that did not involve physical touching? Examples include things like flashing you, peeping, sexual harassment, or making you look at sexual photos or movies.

In 2005, 1.4% of South Carolina adults reported that they had been exposed to unwanted sexual situations in the past 12 months.

2005 SC BRFSS Questionnaire
Core Section 1: Health Status

C01Q01 Would you say that in general your health is:

Please read

- 1 Excellent
- 2 Very Good
- 3 Good
- 4 Fair
- or
- 5 Poor

DO NOT READ

- 7 Don't know / Not sure
- 9 Refused

- 1 Yes, only one
- 2 More than one
- 3 No (73)
- 7 Don't know / Not sure
- 9 Refused

C03Q03 Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?

(82)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

Core Section 2: Healthy Days – Health-related Quality of Life

C02Q01 Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

- Number of days
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

C02Q02 Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good? (76-77)

- Number of days
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

C03Q04 About how long has it been since you last visited a doctor for a routine checkup? (83)

- 1 Within past yr (1-12 months ago)
- 2 Within past 2 yrs (1-2 yrs ago)
- 3 Within (74-75) yrs (2-5 yrs ago)
- 4 5 or more years ago
- 7 Don't know / Not sure
- 8 Never
- 9 Refused

Core Section 4: Exercise

C04Q01 During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise? (84)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

If C02Q01 and C02Q02=88 (None), ⇒ Go to next section, C03Q01, page 3.

C02Q03 During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation? (78-79)

- Number of days
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

Core Section 3: Health Care Access

C03Q01 Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

C03Q02 Do you have one person you think of as your personal doctor or health care provider? (81)

If "No", ask: "Is there more than one or is there no person who you think of as your personal doctor or health care provider?"

Core Section 5: Diabetes

C05Q01 Have you EVER been told by a doctor that you have diabetes? (85)

Note: If respondent says 'pre-diabetes or borderline diabetes', use response **Code 4**.

- 1 Yes
- 2 Yes, but female told only during pregnancy
- 3 No
- 4 No, pre-diabetes or borderline diabetes
- 7 Don't know / Not sure
- 9 Refused

If "Yes" and respondent is female, ask: "Was this only when you were pregnant?" (80)

If response to C05Q01 = 1 (Yes), continue; otherwise go to C06Q01, page 6.

Optional Module 1: Diabetes

M01Q01 How old were you when you were told you have diabetes? (201-202)

-- Code age in years [97=97 and older]

9 8 Don't know / Not sure
9 9 Refused

M01Q02 Are you now taking insulin? (203)

1 Yes
2 No
9 Refused

M01Q03 Are you now taking diabetes pills? (204)

1 Yes
2 No
7 Don't know / Not sure
9 Refused

M01Q04 About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do NOT include times when checked by a health professional. (205-207)

1 __ Times per day
2 __ Times per week
3 __ Times per month
4 __ Times per year
8 8 8 Never
7 7 7 Don't know / Not sure
9 9 9 Refused

M01Q05 About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do NOT include times when checked by a health professional. (208-210)

1 __ Times per day
2 __ Times per week
3 __ Times per month
4 __ Times per year
8 8 8 Never
5 5 5 No feet
7 7 7 Don't know / Not sure
9 9 9 Refused

M01Q06 Have you EVER had any sores or irritations on your feet that took more than four weeks to heal? (211)

1 Yes
2 No
7 Don't know / Not sure
9 Refused

M01Q07 About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes? (212-213)

-- Number of times [76=76 or more]
8 8 None
7 7 Don't know / Not sure
9 9 Refused

M01Q08 A test for "A one C" measures the average level of blood sugar over the past three months. About how many

times in the past 12 months has a doctor, nurse, or other health professional checked you for "A one C"?

(214-215)

-- Number of times [76=76 or more]
8 8 None
9 8 Never heard of "A one C" test
(volunteered)
7 7 Don't know / Not sure
9 9 Refused

If Q5= 555 (No Feet); ⇒ Go to M01Q10, page 6.

M01Q09 About how many times in the past 12 months has a health professional checked your feet for any sores or irritations? (216-217)

-- Number of times [76=76 or more]
8 8 None
7 7 Don't know / Not sure
9 9 Refused

M01Q10 When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light. (218)

Read only if necessary:

1 Within the past month (anytime less than 1 month ago)
2 Within the past year (1 month but less than 12 months ago)
3 Within the past 2 years (1 year but less than 2 years ago)
4 2 or more years ago
8 Never
7 Don't know / Not sure
9 Refused

M01Q11 Has a doctor EVER told you that diabetes has affected your eyes or that you had retinopathy? (219)

1 Yes
2 No
7 Don't know / Not sure
9 Refused

M01Q12 Have you EVER taken a course or class in how to manage your diabetes yourself? (220)

1 Yes
2 No
7 Don't know / Not sure
9 Refused

Core Section 6: Hypertension Awareness

C06Q01 Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?

If "Yes" and respondent is female, ask: "Was this only when you were pregnant?"

- 1 Yes
2 Yes, but female told only during pregnancy
⇒Go to next section, C07Q01, page 7.
3 No ⇒Go to next section, C07Q01, page 7.
4 Told borderline high or pre-hypertensive ⇒Go to next section, C07Q01, page 7.
7 Don't know / Not sure ⇒Go to next section, C07Q01, page 7.
9 Refused ⇒Go to next section, C07Q01, page 7.

C06Q02. Are you currently taking medicine for your high blood pressure? (87)

- 1 Yes
2 No
7 Don't know / Not sure
9 Refused

Core Section 7: Cholesterol Awareness

C07Q01. Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?

- 1 Yes
2 No ⇒Go to next section, C08Q01.
7 Don't know / Not sure ⇒Go to next

section, C08Q01.

- 9 Refused ⇒Go to next section, C08Q01.

C07Q02. About how long has it been since you last had your blood cholesterol checked? (89)

Read only if necessary:

- 1 Within the past year (anytime less than 12 months ago)
2 Within the past 2 years (1 year but less than 2 years ago)
3 Within the past 5 years (2 years but less than 5 years ago)
4 5 or more years ago
7 Don't know / Not sure
9 Refused

C07Q03. Have you EVER been told by a doctor, nurse or other health professional that your blood cholesterol is high?

- 1 Yes
2 No
7 Don't know / Not sure
9 Refused

Core Section 8: Cardiovascular Disease Prevalence

Now I would like to ask you some questions about cardiovascular disease.

Has a doctor, nurse, or other health professional EVER told you that you had any of the following? For each, tell me "Yes", "No", or you're "Not sure":

C08Q01. (Ever told) you had a heart attack, also called a myocardial infarction? (91)

- 1 Yes
2 No
7 Don't know / Not sure
9 Refused

C08Q02. (Ever told) you had angina or coronary heart disease?

- 1 Yes
2 No
7 Don't know / Not sure
9 Refused

C08Q03. (Ever told) you had a stroke?

- 1 Yes
2 No
7 Don't know / Not sure
9 Refused

Core Section 9: Asthma

C09Q01. Have you EVER been told by a doctor, nurse, or other health professional that you had asthma?

- 1 Yes (88)
2 No ⇒Go to next section, C10Q01
7 Don't know / Not sure ⇒Go to next

section, C10Q01

- 9 Refused ⇒Go to next section, C10Q01

C09Q02. Do you still have asthma?

- 1 Yes
2 No
7 Don't know / Not sure
9 Refused

Core Section 10: Immunization

C10Q01. A flu shot is an influenza vaccine injected in your arm. During the past 12 months, have you had a flu shot?

Probe if necessary: We want to know if you had a flu shot injected in your arm.

- 1 Yes
2 No
7 Don't know / Not sure
9 Refused

C10Q02. During the past 12 months, have you had a flu vaccine that was sprayed in your nose? The flu vaccine that is sprayed in the nose is also called FluMist™.

- 1 Yes ⇒Go to C10Q04, page 9
2 No ⇒If C10Q01 is "Yes" Go to

C10Q04, page 9; otherwise Go to C10Q06, page 10

- 7 Don't know / Not sure ⇒If C10Q01 is "Yes" Go to C10Q04, page 9; If C10Q01 is "No" Go to

C10Q06, page 10; otherwise Go to C10Q07, page 10

- 9 Refused ⇒If C10Q01 is "Yes" Go to C10Q04, page 9; If C10Q01 is "No" Go to C10Q06, page 10; otherwise Go to C10Q07, page 10

Added Questions on Influenza Vaccine

C10Q04. During what month and year did you receive your most recent flu vaccination?

If "Yes" to both C10Q01 and C10Q02, also say:
"The most recent flu vaccination may have been either the flu shot or the flu spray."

__/____ Month / Year

77/7777 Don't know/Not Sure (Probe: "Was it before or after September 2004?" Code approximate

month and year)

99/9999 Refused

If C10Q04 is DK or RF go to C10Q05

C10Q05. Where did you go to get your most recent [FILL: flu shot/vaccine that was sprayed in your nose/vaccination (whether it was a shot or spray in the nose)]?

(762-763)

Read only if necessary:

01 A doctor's office or health maintenance organization (HMO)

02 A health department

03 Another type of clinic or health center
[Example: a community health center]

04 A senior, recreation, or community center

store] 05 A store [Examples: supermarket, drug

06 A hospital [Example: in-patient]

07 An emergency room

08 Workplace

or

09 Some other kind of place

10 Received vaccination in Canada/Mexico (Volunteered)

77 Don't know/Not sure (Probe: How would you describe the place where you went to get your most recent flu vaccine?)

99 Refused

If C10Q04 is before 9/2004 go to C10Q06, page 10; if C10Q04 is DK or RF, go to C10Q06, page 10; otherwise go to C10Q07, page 10

C10Q06. What is the MAIN reason you have NOT received a flu vaccination for this current flu season? [Interviewer note: The current flu season = Sept. '04 – Mar. '05]

Do not read answer choices below. Select category that best matches response.

01 Need: Do not need it
02 Need: Doctor did not recommend it
03 Need: Did not know that I should be

vaccinated

04 Need: Flu is not that serious
05 Need: Had the flu already this flu season
06 Concern about vaccine: side effects/can cause flu
07 Concern about vaccine: does not work
08 Access: Plan to get vaccinated later this flu season
09 Access: Flu vaccination costs too much (756-761)
10 Access: Inconvenient to get vaccinated
11 Vaccine shortage: saving vaccine for people who need it more
12 Vaccine shortage: tried to find vaccine, but could not get it
13 Vaccine shortage: not eligible to receive vaccine
14 Some other reason
77 Don't know/Not sure (Probe: "What was the main reason?")
99 Refused

C10Q07 If C10Q04 is 09/2003 through 03/2004 go to C10Q03, otherwise ask C10Q07

Did you get a flu vaccination during the 'last flu season' in other words during the months of September 2003 through March 2004?

(766)

1 Yes
2 No
7 Don't know/Not sure (Do not probe)
9 Refused

C10Q03. A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

C12Q05. During the past 30 days, what is the largest number of drinks you had on any occasion? (110-111)

Number
7 7 Don't know / Not sure
9 9 Refused

Core Section 13: Demographics

C13Q01. What is your age?
Code age in years
0 7 Don't know / Not sure
0 9 Refused (764-765)

C13Q02. Are you Hispanic or Latino?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

C13Q03. Which one or more of the following would you say is your race? (115-120)

[Check all that apply]

Please read

- 1 White
- 2 Black or African American
- 3 Asian
- 4 Native Hawaiian or Other Pacific Islander
- 5 American Indian, Alaska Native
- or
- 6 Other [specify] _____

DO NOT READ

- 8 No additional choices
- 7 Don't know / Not sure
- 9 Refused

If more than one response to C13Q03; continue. Otherwise, ⇒Go to C13Q05, page 14.

C13Q04. Which one of these groups would you say BEST represents your race? (121)

- 1 White
- 2 Black or African American
- 3 Asian
- 4 Native Hawaiian or Other Pacific Islander
- 5 American Indian or Alaska Native
- 6 Other [specify] _____
- 7 Don't know / Not sure
- 9 Refused

C10Q08 Has a doctor, nurse, or other health professional ever said that you have any of the following health problems?

(767)

Read each problem listed below:

Asthma
Lung problems, other than asthma
Heart problems
Diabetes
Kidney problems
Weakened immune system caused by a chronic illness, such as cancer or HIV/AIDS, or medicines, such as steroids
-or-
Sickle cell anemia or other anemia

- 1 Yes ⇒ Go to C10Q09
- 2 No ⇒ Go to C10Q10
- 7 Don't know/Not sure (Probe by repeating question) ⇒ Go to C10Q10
- 9 Refused ⇒ Go to C10Q10

C10Q09 Do you still have (this/any of these) problem(s)? (768)

- 1 Yes
- 2 No
- 7 Don't know/Not sure (Do not probe)
- 9 Refused

C10Q10. Do you currently work in a health care facility, such as a medical clinic, hospital, or nursing home?

If necessary say: This includes part-time and volunteer work.

- 1 Yes ⇒ Go to C10Q11
- 2 No ⇒ Go to C11Q01
- 7 Don't know/Not sure (Do not probe) ⇒Go to C11Q01
- 9 Refused ⇒ Go to C11Q01

C10Q11. Do you have direct face-to-face or hands -on contact with patients as a part of your routine work?

- 1 Yes
- 2 No
- 7 Don't know/Not sure (Probe by repeating question)
- 9 Refused

Core Section 11: Tobacco Use

C11Q01. Have you smoked at least 100 cigarettes in your entire life? (99)

Note: 5 packs = 100 cigarettes

- 1 Yes
- 2 No ⇒Go to next section, C12Q01, page 12
- 7 Don't know / Not sure ⇒Go to next section, C12Q01, page 12
- 9 Refused ⇒Go to next section, C12Q01, page 12

C11Q02. Do you now smoke cigarettes every day, some days, or not at all? (100)

- 1 Every day
- 2 Some days
- 3 Not at all ⇒Go to next section, C12Q01
- 9 Refused ⇒Go to next section, C12Q01

C11Q03 During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

Core Section 12: Alcohol Consumption

C12Q01. During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

- 1 Yes
- 2 No ⇒Go to next section, C13Q01, page 13
- 7 Don't know / Not sure ⇒Go to next section, C13Q01, page 13
- 9 Refused ⇒Go to next section, C13Q01, page 13

C12Q02. During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage?

(103-105)

1 _ _ Days per week
2 _ _ Days in past 30 days
8 8 8 No drinks in past 30 days ⇒Go to next section, C13Q01, page 13
7 7 7 Don't know / Not sure
9 9 9 Refused

C12Q03. One drink is equivalent to a 12 ounce beer, a 5 ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?

(106-107)

_ _ Number of drinks
7 7 Don't know / Not sure
9 9 Refused

C12Q04. Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on one occasion?

(108-109)

_ _ Number of times
8 8 None
7 7 Don't know / Not sure
9 9 Refused

C13Q05. Are you...?

Please read

1 Married
2 Divorced
3 Widowed
4 Separated
5 Never married
or
6 A member of an unmarried couple

DO NOT READ

9 Refused

C13Q06. How many children less than 18 years of age live in your household?

(123-124)

_ _ Number of children
8 8 None
9 9 Refused

C13Q07. What is the highest grade or year of school you completed?

(125)

Read only if necessary:

1 Never attended school or only attended kindergarten
2 Grades 1 through 8 (Elementary)
3 Grades 9 through 11 (Some high school)
4 Grade 12 or GED (High school graduate)
5 College 1 year to 3 years (Some college or technical school)
6 College 4 years or more (College graduate)

9 Refused

C13Q08. Are you currently?

Please read

1 Employed for wages
2 Self-employed
3 Out of work for more than 1 year
4 Out of work for less than 1 year
5 A homemaker
6 A student
7 Retired,
or
8 Unable to work

DO NOT READ

9 Refused

C13Q09. Is your annual household income from all sources...?

If respondent refuses at ANY income level, code 99 (Refused).

Read only if necessary:

0 4 Less than \$25,000 **If "no", ask 05; if "yes", ask 03**
(\$20,000 to less than \$25,000)
0 3 Less than \$20,000 **If "no", code 04; if "yes", ask 02**
(\$15,000 to less than \$20,000)
0 2 Less than \$15,000 **If "no", code 03; if "yes", ask 01**
(\$10,000 to less than \$15,000)
0 1 Less than \$10,000 **If "no", code 02**
(\$5,000 to less than \$10,000)
0 5 Less than \$35,000 **If "no", ask 06**
(\$25,000 to less than \$35,000)
0 6 Less than \$50,000 **If "no", ask 07**
(\$35,000 to less than \$50,000)
0 7 Less than \$75,000 **If "no", code 08**
(\$50,000 to less than \$75,000)
0 8 \$75,000 or more

DO NOT READ

7 7 Don't know / Not sure
9 9 Refused

C13Q10. About how much do you weigh without shoes?

Note: If respondent answers in metrics, put "9" in column 129.

[Round fractions up]

_ _ _ _ Weight
(pounds/kilograms)
7 7 7 7 Don't know / Not sure
9 9 9 9 Refused

C13Q11. About how tall are you without shoes?

Note: If respondent answers in metrics, put "9" in column 133.

[Round fractions down]

_ _ / _ _ Height
(ft / inches/meters/centimeters)
7 7 7 7 Don't know / Not sure

- 9 9 9 9 Refused
- C13Q12. What county do you live in?
 FIPS county code
 7 7 7 Don't know / Not sure
 9 9 9 Refused
- C13Q13. What is your ZIP Code where you live?
 ZIP Code
 7 7 7 7 7 Don't know / Not sure
 9 9 9 9 9 Refused
- C13Q14. Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.
 1 Yes
 2 No ⇒Go to C13Q16
 7 Don't know / Not sure ⇒Go to C13Q16
 9 Refused ⇒Go to C13Q16
- C13Q15. How many of these phone numbers are residential numbers?
 (146)
 — Residential telephone numbers [6=6 or more]
 7 Don't know / Not sure
 9 Refused
- C13Q16. During the past 12 months, has your household been without telephone service for 1 week or more? Do not include interruptions of phone service due to weather or natural disasters.
 (147)
 1 Yes
 2 No
 7 Don't know / Not sure
 9 Refused
- C13Q17. Indicate sex of respondent. [Ask only if necessary].
 1 Male ⇒Go to next section, C14Q01
 2 Female (If respondent is 45 years old or older, ⇒Go to next section, C14Q01)
- C13Q18. To your knowledge, are you now pregnant?
 1 Yes
 2 No
 7 Don't know / Not sure
 9 Refused

Core Section 14: Veteran's Status

The next question relates to military service in the United States Armed Forces, either in the regular military or in a National Guard or Reserve unit.

- C14Q01. Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit?
 1 Yes
 2 No
 7 Don't know / Not sure
 9 Refused

Core Section 15: Disability

The following questions are about health problems or impairments you may have.

- C15Q01. Are you limited in any way in any activities because of physical, mental, or emotional problems?
 1 Yes
 2 No
 7 Don't know / Not sure
 9 Refused
- C15Q02. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?
 (145)
 Include occasional use or use in certain circumstances.
 1 Yes
 2 No
 7 Don't know / Not sure
 9 Refused

Core Section 16: Arthritis Burden

The next questions refer to the joints in your body. Please do NOT include the back or neck.

- C16Q01. During the past 30 days, have you had symptoms of pain, aching, or stiffness in or around a joint?
 1 Yes
 2 No ⇒Go to C16Q04, page 18
 7 Don't know / Not sure ⇒Go to C16Q04, page 18
 9 Refused ⇒Go to C16Q04, page 18
- C16Q02. Did your joint symptoms FIRST begin more than 3 months ago?
 (154)
 1 Yes
 2 No ⇒Go to C16Q04, page 18
 7 Don't know / Not sure ⇒Go to C16Q04, page 18
 9 Refused ⇒Go to C16Q04, page 18
- C16Q03. Have you EVER seen a doctor or other health professional for these joint symptoms?
 (155)
 1 Yes
 2 No
 7 Don't know / Not sure
 9 Refused
- C16Q04. Have you EVER been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?
 1 Yes
 2 No
 7 Don't know / Not sure
 9 Refused

INTERVIEWER NOTE: Arthritis diagnoses include:

- (150) rheumatism, polymyalgia rheumatica
- osteoarthritis (not osteoporosis)

- tendonitis, bursitis, bunion, tennis elbow
- carpal tunnel syndrome, tarsal tunnel syndrome
- joint infection, Reiter's syndrome
- ankylosing spondylitis; spondylosis
- rotator cuff syndrome
- connective tissue disease, scleroderma, polymyositis, Raynaud's syndrome
- vasculitis (giant cell arteritis, Henoch-Schonlein purpura, Wegener's granulomatosis, polyarteritis nodosa)

5 5 5 Never
7 7 7 Don't know / Not sure
9 9 9 Refused

C17Q03. How often do you eat green salad?

1 _ _ Per day
2 _ _ Per week
3 _ _ Per month
4 _ _ Per year
5 5 5 Never
7 7 7 Don't know / Not sure
9 9 9 Refused

C17Q04. How often do you eat potatoes not including French fries, fried potatoes, or potato chips?

1 _ _ Per day
2 _ _ Per week
3 _ _ Per month
4 _ _ Per year
5 5 5 Never
7 7 7 Don't know / Not sure
9 9 9 Refused

C17Q05. How often do you eat carrots?

1 _ _ Per day
2 _ _ Per week
3 _ _ Per month
4 _ _ Per year
5 5 5 Never
7 7 7 Don't know / Not sure
9 9 9 Refused

C17Q06. Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat? (Example: A serving of vegetables at both lunch and dinner would be two servings.) (173-175)

1 _ _ Per day
2 _ _ Per week
3 _ _ Per month
4 _ _ Per year
5 5 5 Never
7 7 7 Don't know / Not sure
9 9 9 Refused

If either C16Q02=1 (Yes) or C16Q04=1 (Yes); continue.
Otherwise, ⇒Go to introduction to C17Q01.

C16Q05. Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

Note: If a respondent question arises about medication, then the interviewer should reply: *"Please answer the question based on how you are when you are taking any of the medications or treatments you might use."*

Core Section 17: Fruits and Vegetables

These next questions are about the foods you usually eat or drink. Please tell me how often you eat or drink each one, for example, twice a week, three times a month, and so forth. Remember, I am only interested in the foods *you* eat. Include all foods *you* eat, both at home and away from home.

C17Q01. How often do you drink fruit juices such as orange, grapefruit, or tomato? (158-160)

1 _ _ Per day
2 _ _ Per week
3 _ _ Per month
4 _ _ Per year
5 5 5 Never
7 7 7 Don't know / Not sure
9 9 9 Refused

C17Q02. Not counting juice, how often do you eat fruit?

1 _ _ Per day
2 _ _ Per week
3 _ _ Per month
4 _ _ Per year

Core Section 18: Physical Activity

If Core C13Q08=1(employed for wages) or 2(self-employed); continue. Otherwise, ⇒Go to C18Q02.

C18Q01. When you are at work, which of the following best describes what you do? Would you say?

Note: If respondent has multiple jobs, include all jobs.

Please read

1 Mostly sitting or standing
2 Mostly walking
3 Mostly heavy labor or physically demanding work
(161-163)

DO NOT READ

7 Don't know / Not sure
9 Refused

Please read

We are interested in two types of physical activity - vigorous and moderate. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate.

- C18Q02. Now, thinking about the moderate activities you do [fill in "when you are not working" if "employed" or self-employed"] in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?

1 Yes
2 No ⇒Go to C18Q05
7 Don't know / Not sure ⇒Go to C18Q05
9 Refused ⇒Go to C18Q05

- C18Q03. How many days per week do you do these moderate activities for at least 10 minutes at a time?

Days per week
8 8 Do not do any moderate physical activity for at least 10 minutes at a time ⇒Go to C18Q05
7 7 Don't know / Not sure ⇒Go to C18Q05
9 9 Refused ⇒Go to C18Q05

- C18Q04. On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

Hours and minutes per day
7 7 Don't know / Not sure
9 9 Refused

- C18Q05. Now, thinking about the vigorous activities you do [fill in "when you are not working" if "employed" or "self-employed"] in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

1 Yes
2 No ⇒Go to next section, C19Q01, page 21
7 Don't know / Not sure ⇒Go to next section, C19Q01, page 21
9 Refused ⇒Go to next section, C19Q01, page 21

- C18Q06. How many days per week do you do these vigorous activities for at least 10 minutes at a time?

Days per week
8 8 Do not do any vigorous physical activity for at least 10 minutes at a time ⇒Go to next section, C19Q01
7 7 Don't know / Not sure ⇒Go to next section, C19Q01
9 9 Refused ⇒Go to next section, C19Q01

- C18Q07. On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

Hours and minutes per day
7 7 Don't know / Not sure
9 9 Refused

Core Section 19: HIV/AIDS

[If respondent is 65 years or older; ⇒Go to next section, C20Q01, page 22]

The next few questions are about the national health problem of HIV, the virus that causes AIDS. Please remember that your answers are strictly confidential and that you do not have to answer every question if you do not want to. Although we will ask you about testing, we will not ask you about the results of any test you may have had.

- C19Q01. Have you EVER been tested for HIV? Do not count tests you may have had as part of a blood donation. Include tests using fluid from your mouth.

(189)

1 Yes
2 No ⇒Go to C19Q04, page 22
7 Don't know / Not sure ⇒Go to C19Q04, page 22
9 Refused ⇒Go to C19Q04, page 22

- C19Q02. Not including blood donations, in what month and year was your last HIV test?

(190-195)

Note: If response is before January 1985, code "Don't know."

(180-182)

Code month and year
7 7 7 7 7 7 Don't know / Not sure
9 9 9 9 9 9 Refused

- C19Q03. Where did you have your last HIV test, at a private doctor or HMO office, at a counseling and testing site, at a hospital, at a clinic, in a jail or prison, at home, drug treatment facility, or somewhere else?

(196-197)

0 1 Private doctor or HMO
0 2 Counseling and testing site
0 3 Hospital
0 4 Clinic (183)
0 5 In a jail or prison (or other correctional facility)
0 6 Home
0 7 Somewhere else
0 8 Drug treatment facility
7 7 Don't know / Not sure
9 9 Refused

- C19Q04. I am going to read you a list. When I am done, please tell me if any of the situations apply to you. You do not need to tell me which one.

(184-185)

Please read

- You have used intravenous drugs in the past year.
- You have been treated for a sexually transmitted or venereal disease in the past year.
- You have given or received money or drugs in exchange for sex in the past year.

(186-188)

- You had anal sex without a condom in the past year.

Do any of these situations apply to you?
(198)

- | | |
|---|-----------------------|
| 1 | Yes |
| 2 | No |
| 7 | Don't know / Not sure |
| 9 | Refused |

Core Section 20: Emotional Support and Life Satisfaction

The next two questions are about emotional support and satisfaction with life.

C20Q01. How often do you get the social and emotional support you need? Would you say ...

Please read

- | | |
|---|------------|
| 1 | Always |
| 2 | Usually |
| 3 | Sometimes |
| 4 | Rarely, or |
| 5 | Never |

DO NOT READ

- | | |
|---|-----------------------|
| 7 | Don't know / Not sure |
| 9 | Refused |

C20Q02. In general, how satisfied are you with your life? Would you say ...
(200)

Please read

- | | |
|---|-------------------|
| 1 | Very satisfied |
| 2 | Satisfied |
| 3 | Dissatisfied, or |
| 4 | Very dissatisfied |

DO NOT READ

- | | |
|---|-----------------------|
| 7 | Don't know / Not sure |
| 9 | Refused |

Added Questions on Influenza Vaccine - Child

If Core C13Q06 = 88 or 99 (no children under age 18 in the household, or refused), ⇒ Go to M05Q01, page 25.

If Core C13Q06 = 1; **INTERVIEWER**: "Previously, you indicated there was one child age 17 or younger in your household. I would like to ask you some questions about that child." ⇒ Go to C13Q18.

If Core C13Q06 is > 1 and Core C13Q06 does not equal to 88 or 99; **INTERVIEWER**: "Previously, you indicated there were [number] children age 17 or younger in your household. Think about those [number] children in order of their birth, from oldest to youngest. The oldest child is the first child and the youngest child is the [second/third/fourth, etc.] child."

CATI INSTRUCTION: RANDOMLY SELECT ONE OF THE CHILDREN.

INTERVIEWER: "I have some additional questions about one specific child. The child I will be referring to is the [Fill: random number from CATI] child. All following questions about children will be about that child."

c21Q18 Is the child a boy or a girl?

(776)

- | | |
|----|---------|
| 1. | Boy |
| 2. | Girl |
| 9. | Refused |

C21Q19. In what month and year was [Fill: he/she] born?

(777-782)

- | | |
|---------------|---|
| -- / ---- | Month / Year |
| 7 7 / 7 7 7 7 | Don't know/Not sure (Probe by repeating the question) |
| 9 9 / 9 9 9 9 | Refused |

C21Q20. Has a doctor, nurse, or other health professional ever said that [Fill: he/she] has any of the following health problems?
(783)

Read each problem listed below:

Asthma
Lung problems, other than asthma
Heart problems
Diabetes
Kidney problems
Weakened immune system caused by a chronic illness, such as cancer or HIV/AIDS, or medicines, such as steroids
Must take aspirin every day
-or-
Sickle cell anemia or other anemia

- | | |
|---|---|
| 1 | Yes – Go to C21Q21, page 24 |
| 2 | No – Go to C21Q22, page 24 |
| 7 | Don't know/Not sure (Probe by repeating the question) – Go to C21Q22, page 24 |
| 9 | Refused – Go to C21Q22, page 24 |

C21Q21. Does [Fill: he/she] still have (this/any of these) problem(s)?
(784)

- | | |
|---|------------------------------------|
| 1 | Yes |
| 2 | No |
| 7 | Don't know/Not sure (Do not probe) |
| 9 | Refused |

C21Q22 If child is less than 6 months old, go to M05Q01, page 25; otherwise ask: During the past 12 months, has [Fill: he/she] had a flu shot? A flu shot is a flu vaccine injected in a child's arm or thigh.

- | | |
|---|------------------------------------|
| 1 | Yes |
| 2 | No |
| 7 | Don't know/Not sure (Do not probe) |
| 9 | Refused |

C21Q23. During the past 12 months, has [Fill: he/she] had a flu vaccine sprayed in the nose? The flu vaccine that is sprayed in the nose is FluMist™.

(786)

1 Yes – Go to C21Q24
 2 No – If C21Q22 is “Yes” go to C21Q24,
 otherwise go to C21Q25, page 25
 7 Don't know/Not sure (Do not probe) – If
 C21Q22 is “Yes” go to C21Q24;
 if C21Q22 is “No” go to C21Q25, page
 25; otherwise go to C21Q26, page 25
 9 Refused – If C21Q22 is “Yes” go to
 C21Q24; if C21Q22 is “No” go to C21Q25, page 25;
 otherwise go to C21Q26, page 25

C21Q24. During what month and year did **Fill: he/she** receive the most recent flu vaccination?

If “Yes” to both C21Q22 and C21Q23, also say:
 “The most recent flu vaccination may have been
 either the flu shot or the flu spray.”

__/____ Month / Year – If C21Q24 is before
 09/2004 go to C21Q25, page 25; otherwise go
 to C21Q26, page 25

77/7777 Don't know/Not Sure (Probe:
 “Was it before or after
 September 2004?”

Code
 approximately month and
 year)

99/9999 Refused

If C21Q24 is DK or RF, go to C21Q25, page 25

C21Q25. What is the **MAIN** reason **Fill: he/she** has not received a flu vaccination for this current flu season?

**[Interviewer note: The current flu season = Sept. '04
 – Mar. '05]** (793-794)

Do not read answer choices below. Select category
 that best matches response.

01	Need: Child does not need it
02	Need: Doctor did not recommend it
03	Need: Did not know that child should be vaccinated
04	Need: Flu is not that serious
05	Need: Child had the flu already this flu season
06	Concern about vaccine: side effects/can cause flu
07	Concern about vaccine: does not work
08	Access: Plan to get child vaccinated later this flu season
09	Access: Flu vaccination costs too much
10	Access: Inconvenient to get vaccinated
11	Vaccine shortage: saving vaccine for people who need it more
12	Vaccine shortage: tried to find vaccine, but could not get it
13	Vaccine shortage: not eligible to receive vaccine
14	Some other reason

77 Don't know/Not sure (Probe: “What was
 the main reason?”)
 99 Refused

C21Q26. If C21Q19 date is 06/2003 to present, go to M05Q01; if
 C21Q24 is 09/2003 through 03/2004, go to M05Q01,
 otherwise ask C21Q26.

Did **Fill: he/she** get the flu vaccine during the 'last flu
 season' in other words during the months of September
 2003 through March 2004?

(795)

1 Yes
 2 No
 7 Don't know/Not sure (Do not probe)
 9 Refused

Optional Module 5: Cardiovascular Health (787-792)

If “Yes” to Core (C08Q01) ‘ever told one had a heart attack or
 myocardial infarction’; ask M05Q01.

I would like to ask you a few more questions about your
 cardiovascular or heart health.

M05Q01. After you left the hospital following your heart attack did
 you go to any kind of outpatient rehabilitation? This is
 sometimes called “rehab.”

(249)

1 Yes
 2 No
 7 Don't know / Not sure
 9 Refused

If “Yes” to Core (C08Q03) ‘ever told one had a stroke’; ask
 M05Q02, page 26.

M05Q02. After you left the hospital following your stroke did you
 go to any kind of outpatient rehabilitation? This is
 sometimes called “rehab.”

(250)

1 Yes
 2 No
 7 Don't know / Not sure
 9 Refused

[Question M05Q03 is asked of all respondents.]

M05Q03. Do you take aspirin daily or every other day?
 (251)

1 Yes ⇒Go to instructions before
M08Q01
 2 No
 7 Don't know / Not sure
 9 Refused

M05Q04. Do you have a health problem or condition that makes
 taking aspirin unsafe for you? (252)

If “Yes,” ask **“Is this a stomach condition?”** Code upset
 stomach as stomach problems.

1 Yes, not stomach related
 2 Yes, stomach problems
 3 No
 7 Don't know / Not sure

Optional Module 8: Influenza

[THIS QUESTION NOT ASKED IN JANUARY AND FEBRUARY 2005]

If Core C10Q01 or C10Q02= 1 (Yes); ask M08Q01; otherwise go to instructions before M17Q01, page 27.

M08Q01. Where did you go to get your most recent flu shot / vaccine that was sprayed in your nose / vaccination (whether it was a shot or spray in your nose)? [CATI fill in appropriate response from Immunization Core Questions C10Q01 and C10Q02].
(276-277)

Read only if necessary:

- 0 1 A doctor's office or health maintenance organization
- 0 2 A health department
- 0 3 Another type of clinic or health center
[Example: a community health center]
- 0 4 A senior, recreation, or community center
- 0 5 A store [Examples: supermarket, drug store]
- 0 6 A hospital emergency room
- 0 7 Workplace
or
- 0 8 Some other kind of place

DO NOT READ

- 7 7 Don't know / Not sure
- 9 9 Refused

Optional Module 17: Arthritis Management

If Core C16Q02 or C16Q04= 1 (Yes); continue. Otherwise, ⇒ Go to next module, M18Q01.

M17Q01. "Earlier you indicated that you had arthritis or joint symptoms." Thinking about your arthritis or joint symptoms, which of the following best describes you TODAY?
(331)

Please read

- 1 I can do everything I would like to do
- 2 I can do most things I would like to do
- 3 I can do some things I would like to do
- 4 I can hardly do anything I would like to do

DO NOT READ

- 7 Don't know / Not sure
- 9 Refused

M17Q02. Has a doctor or other health professional EVER suggested losing weight to help your arthritis or joint symptoms?

(332)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

M17Q03. Has a doctor or other health professional EVER suggested physical activity or exercise to help your arthritis or joint symptoms?

(333)

Note: If the respondent is unclear about whether this means an increase or decrease in physical activity, this means increase.

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

M17Q04. Have you EVER taken an educational course or class to teach you how to manage problems related to your arthritis or joint symptoms?
(334)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

Optional Module 18: Weight Control

M18Q01. Are you now trying to lose weight?
(335)

- 1 Yes ⇒ Go to M18Q03, page 28
- 2 No
- 7 Don't know / Not sure
- 9 Refused

M18Q02. Are you now trying to maintain your current weight, that is, to keep from gaining weight?
(336)

- 1 Yes
- 2 No ⇒ Go to M18Q05
- 7 Don't know / Not sure ⇒ Go to M18Q05
- 9 Refused ⇒ Go to M18Q05

M18Q03. Are you eating either fewer calories or less fat to...
(337)

lose weight? [If "Yes" to M18Q01]

keep from gaining weight? [If "Yes" to M18Q02]

Probe for which:

- 1 Yes, fewer calories
- 2 Yes, less fat
- 3 Yes, fewer calories and less fat
- 4 No
- 7 Don't know / Not sure
- 9 Refused

M18Q04. Are you using physical activity or exercise to...
(338)

lose weight? [If "Yes" to M18Q01]

keep from gaining weight? [If "Yes" to M18Q02]

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

M18Q05. In the past 12 months, has a doctor, nurse or other health professional given you advice about your weight?

(339)

Probe for which:

- 1 Yes, lose weight
- 2 Yes, gain weight
- 3 Yes, maintain current weight
- 4 No

7 Don't know / Not sure
9 Refused

Optional Module 21: Smoking Cessation

If response to Core C11Q02 = "3" (Not at all); continue.
Otherwise, if Core C11Q02 = "1" (every day) or "2" (some days); ⇒ Go to M21Q02. Otherwise, go to M22Q01, page 30.

Previously you said you have smoked cigarettes:

M21Q01. About how long has it been since you last smoked cigarettes? (355-356)

Read only if necessary:

0 1 Within the past month (anytime less than 1 month ago) ⇒ Go to M21Q02
0 2 Within the past 3 months (1 month but less than 3 months ago) ⇒ Go to M21Q02
0 3 Within the past 6 months (3 months but less than 6 months ago) Go to M21Q02
0 4 Within the past year (6 months but less than 1 year ago) ⇒ Go to M21Q02
0 5 Within the past 5 years (1 year but less than 5 years ago) ⇒ Go to next module, M22Q01, page 30
0 6 Within the past 10 years (5 years but less than 10 years ago) ⇒ Go to the next module, M22Q01, page 30
0 7 10 or more years ago ⇒ Go to next module, M22Q01, page 30
7 7 Don't know / Not sure ⇒ Go to next module, M22Q01, page 30
9 9 Refused ⇒ Go to next module, M22Q01, page 30

If response to M21Q01 = 01, 02, 03, or 04"; or if Core C11Q02 = "1 or 2," continue.

The next questions are about interactions you might have had with a doctor, nurse, or other health professional.

M21Q02. In the last 12 months, how many times have you seen a doctor, nurse or other health professional to get any kind of care for yourself? (357-358)

Number of times [01-76]
8 8 None ⇒ Go to next module, M22Q01, page 30
7 7 Don't know / Not sure
9 9 Refused

M21Q03. In the last 12 months, on how many visits were you advised to quit smoking by a doctor or other health provider? (359-360)

Number of visits [01-76]
8 8 None
7 7 Don't know / Not sure
9 9 Refused

M21Q04. On how many visits did your doctor, nurse or other health professional recommend or discuss medication to assist you with quitting smoking, such as nicotine gum, patch, nasal spray, inhaler, lozenge, or prescription

medication such as Wellbutrin/Zyban/Bupropion? (361-362)

(Pronunciation: Well BYOU trin/ZEYE ban/byou PRO pee on)

Number of visits [01-76]
8 8 None
7 7 Don't know / Not sure
9 9 Refused

M21Q05. On how many visits did your doctor or health provider recommend or discuss methods and strategies other than medication to assist you with quitting smoking? (363-364)

Number of visits [01-76]
8 8 None
7 7 Don't know / Not sure
9 9 Refused

Optional Module 22: Secondhand Smoke Policy

M22Q01. Which statement best describes the rules about smoking inside your home? (365)

Please read
1 Smoking is not allowed anywhere inside your home
2 Smoking is allowed in some places or at some times
3 Smoking is allowed anywhere inside your home
4 or There are no rules about smoking inside your home

DO NOT READ
7 Don't know / Not sure
9 Refused

If response to Core C13Q08 = 1 (employed) or 2 (self-employed); continue. Otherwise, ⇒ Go to next module, M25Q01, page 31

M22Q02. While working at your job, are you indoors most of the time? (366)

1 Yes
2 No ⇒ Go to next module, M25Q01, page 31
7 Don't know / Not sure ⇒ Go to next module, M25Q01, page 31
9 Refused ⇒ Go to next module, M25Q01, page 31

M22Q03. Which of the following best describes your place of work's official smoking policy for indoor public or common areas, such as lobbies, rest rooms, and lunch rooms? (367)

Note: For workers who visit clients or work at home, "place of work" means their base location. For self-employed persons who work at home, the official smoking policy means the home smoking policy.

Please read
1 Not allowed in any public areas

- 2 Allowed in some public areas
- 3 Allowed in all public areas
- or
- 4 No official policy

DO NOT READ

- 7 Don't know / Not sure
- 9 Refused

M22Q04. Which of the following best describes your place of work's official smoking policy for work areas?

(368)

Please read

- 1 Not allowed in any work areas
- 2 Allowed in some work areas
- 3 Allowed in all work areas
- or
- 4 No official policy

DO NOT READ

- 7 Don't know / Not sure
- 9 Refused

Optional Module 25: Sexual Violence

I'd like to ask you some questions about physical and/or sexual violence or other unwanted sexual experiences. This information will allow us to better understand the problem of violence and unwanted sexual contact, and may help others in the future. This is a sensitive topic. Some people may feel uncomfortable with these questions. Remember that your phone number has been chosen randomly and your answers are strictly confidential. At the end of this section I will give you phone numbers for organizations that can provide information and referral for both of these issues. Please keep in mind that you can ask me to skip any question that you do not want to answer. If you are not in a safe place to answer these questions, I can skip to the next topic area.

My first questions are about unwanted sexual experiences you may have had.

M25Q01. In the past 12 months, has anyone exposed you to unwanted sexual situations that did not involve physical touching? Examples include things like flashing you, peeping, sexual harassment, or making you look at sexual photos or movies.

(377)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

M25Q02. In the past 12 months, has anyone touched sexual parts of your body after you said or showed that you didn't want them to or without your consent?

(378)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

INTERVIEWER'S SCRIPT: "Now I am going to ask you about unwanted sex. Unwanted sex includes things like putting anything into your vagina [*if female*], anus, or mouth or making you do these things to them after you said or showed that you

didn't want to. It includes times when you were unable to consent, for example, you were drunk or asleep, or you thought you would be hurt or punished if you refused".

M25Q03. In the past 12 months, has anyone ATTEMPTED to have sex with you after you said or showed that you didn't want to or without your consent, BUT SEX DID NOT OCCUR?

(379)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

M25Q04. In the past 12 months, has anyone HAD SEX with you after you said or showed that you didn't want to or without your consent?

(380)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

Ask M25Q05 only if M25Q03 or M25Q04=1 (Yes). Otherwise, go to instruction before M25Q07, page 33.

[CATI INSTRUCTION]: Apply the following logic:

If M25Q04=1 (regardless of response to M25Q03) then M25Q05 reads "...the person who had sex with you..." If M25Q04=2 and M25Q03=1 then M25Q05 reads "...the person who attempted to have sex with you..."

M25Q05. At the time of the most recent incident, what was your relationship to the person who [had sex -or attempted to have sex] with you after you said or showed that you didn't want to or without your consent.

(381-

382)

DO NOT READ

- 0 1 Complete stranger
- 0 2 A person known for less than 24 hours
- 0 3 Acquaintance
- 0 4 Friend
- 0 5 Date
- 0 6 Current boyfriend/girlfriend
- 0 7 Former boyfriend/ girlfriend
- 0 8 Spouse or live-in partner
- 0 9 Ex-spouse or ex live-in partner
- 1 0 Co-worker
- 1 1 Neighbor
- 1 2 Parent
- 1 3 Step-parent
- 1 4 Parent's partner
- 1 5 Other relative
- 1 6 Other non-relative
- 1 7 Multiple perpetrators (skip gender)
- 7 7 Don't know / Not sure
- 9 9 Refused

INTERVIEWER NOTE: If the respondent indicates the gender of the person, please complete question M25Q06. If the respondent does not indicate the gender of the person, please ask question M25Q06.

M25Q06. Was the person who did this male or female?

(383)

- 1 Male
- 2 Female
- 7 Don't know / Not sure
- 9 Refused

If M25Q03=2, 7, 9 (No, Don't Know, Refused); continue.

Otherwise, ⇒ Go to instructions before M25Q08.

M25Q07. Has anyone EVER ATTEMPTED to have sex with you after you said or showed that you didn't want to or without your consent, BUT SEX DID NOT OCCUR?
(384)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

If M25Q04=2, 7, 9 (No, Don't Know, Refused); continue.

Otherwise, read closing statement.

M25Q08. Has anyone EVER had sex with you after you said or showed that you didn't want them to or without your consent?
(385)

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

Closing Statement We realize that this topic may bring up past experiences that some people may wish to talk about. If you or someone you know would like to talk to a trained counselor, please call **1-800-656-HOPE (4673)**. Would you like me to repeat this number?

State -Added Section 1: Skin Cancer

The next questions are about what you do to protect your skin when you go outside.

SC01Q01. When you go outside on a sunny summer day for more than one hour, how often do you use sunscreen or sunblock? Summer means June, July, and August.
(401)

Would you say:

READ

- 1. Always
- 2. Nearly always
- 3. Sometimes
- 4. Seldom
- or
- 5. Never → Go to SC01Q03, page 34

DO NOT READ

- 8. Don't stay out more than an hour → Go to

SC02Q01, page 35

- 7. Don't know/Not sure → Go to SC01Q03, page 34
- 9. Refused → Go to SC01Q03, page 34

INTERVIEWER NOTE: Sunny is what respondent considers sunny

SC01Q02. What is the Sun Protection Factor or SPF of the sunscreen you use most often?
(402-403)

- Number
- 7 7 Don't know/Not sure
- 9 9 Refused

SC01Q03. When you go outside on a sunny summer day for more than an hour, how often do you stay in the shade? Would you say:
(404)

READ

- 1. Always
- 2. Nearly always
- 3. Sometimes
- 4. Seldom
- or
- 5. Never

DO NOT READ

- 7. Don't know/Not sure
- 9. Refused

SC01Q04. (When you go outside on a sunny summer day for more than an hour,) how often do you wear a wide-brimmed hat or any other hat that shades your face, ears, and neck from the sun?
(405)
Would you say:

READ

- 1. Always
- 2. Nearly always
- 3. Sometimes
- 4. Seldom
- or
- 5. Never

DO NOT READ

- 7. Don't know/Not sure
- 9. Refused

SC01Q05. (When you go outside on a sunny summer day for more than an hour,) how often do you wear long-sleeved shirts? Would you say:
(406)

READ

- 1. Always
- 2. Nearly always
- 3. Sometimes
- 4. Seldom
- or
- 5. Never

DO NOT READ

- 7. Don't know/Not sure
- 9. Refused

State -Added Section 2: Epilepsy and Seizures

The next questions are about epilepsy and seizure.

SC02Q01. Have you ever been told by a doctor that you have a seizure disorder or epilepsy?
(407)

- 1. Yes
- 2. No – SKIP TO CLOSING
- 7. DON'T KNOW/ NOT SURE – SKIP TO CLOSING
- 9. REFUSED – SKIP TO CLOSING

SC02Q02. Are you currently taking any medicine to control your seizure disorder or epilepsy? (408)

1. Yes
2. No
7. DON'T KNOW/ NOT SURE
9. REFUSED

SC02Q03. How many seizures have you had in the last three months? (409)

Interviewer's Probe: Some people may call it "convulsion," "fit," "falling out spell," "episode," "attack," "drop attack," "staring spell," or "out-of-touch."

1. None
2. One
3. More than one
4. NO LONGER HAVE EPILEPSY OR SEIZURE

DISORDER –**SKIP TO CLOSING**

7. DON'T KNOW/ NOT SURE
9. REFUSED

SC02Q04. In the past year have you seen a neurologist or epilepsy specialist for your epilepsy or seizure disorder?

(410)

1. Yes
2. No
7. DON'T KNOW/ NOT SURE
9. REFUSED

SC02Q05. During the past 30 days, to what extent has epilepsy or its treatment interfered with your normal activities like working, school, or socializing with family or friends? Would you say... (411)

1. Not at all
2. Slightly
3. Moderately
4. Quite a bit
5. Extremely
7. DON'T KNOW/ NOT SURE
9. REFUSED

CLOSING: Please read closing statement:

That is my last question. Everyone's answers will be combined to give us information about the health practices of people in this state. Thank you very much for your time and cooperation.

References

CDC. <http://www.cdc.gov/brfss/index.htm>.